



SOUTHWEST PROJECT



Weeks to Go

-8

The Southwest Project Newsletter 8 Weeks to go.

Two awesome weeks of training are already in the books. We will have normal practices this week, but we will have our Moratorium week next week due to 4th of July. Let's keep building our training foundation & come back even stronger. So, join us #OnTheJourney #ToTheSummit of Great! To stay up to date & follow us on Instagram (@BVSWDistance & @bvsw_xc_boosters) where I will send out cool information about the season. For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Increases in Training & Staying Healthy

Now that we have put together 2 weeks of great training, there tend to be two very common things that happen. Some athletes will see improvements & increase training as they find quick success. We encourage runners to push themselves but understand that they can't go beyond their limits for very long before the body starts to break down. Most young/new runners can't handle the larger loads of the Black & Elite training groups & that is why the Green & White groups exist. But sometimes we have high level young runners who can handle the big training load, but the only way to find out is to slowly & methodically increase the work while paying attention to pace in workouts.

In the pursuit of finding your limits, overuse injuries become very likely. I DO NOT believe that running injuries are an acceptable component of our training. We want to do our best to prevent them & the best way to do that is to strengthen all components of the body while training load increases. Always communicate with the coaches as aches & pains start to develop. We cannot diagnose injuries, but we can give suggestions & make modifications to the training to alleviate pain. Injuries are also NOT an excuse to miss practices by themselves. We can usually find substitute workouts or recovery exercises while still being part of the team.

Pancake Breakfast Friday at the Paschke's

We have our 2nd pancake breakfast run this week. We will be meeting at the home of the Paschke's at the normal time & will eat after we get done running. Thank you in advance for hosting!

Address: 11610 W 157 Terrace, Overland Park

We still need a future hosts & helpers! Click the link below and fill out the form to offer to host or help.

<https://www.signupgenius.com/go/70A0A4DABAD2CA6F49-56976566-bvsw#/>

Moratorium Week: June 29th – July 5th

The KSHSAA has a week surrounding the 4th of July where coaches & athletes are not allowed to meet during this week. Athletes will need to organize their own meetups to run or do it on their own. DO NOT take the week off as this is an important time to stay on top of your training.

Lenexa Freedom Run (July 4th)

If you are interested in testing your fitness, come early July, the Lenexa Freedom run is the perfect introduction into racing the 5k distance. Link below if you want to sign up. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

<https://runsSignup.com/Race/KS/Lenexa/LenexaFreedomRun>

"Are you On the Journey to the Summit of Great"

Garmin Clipboard & Strava

Recently a GroupMe & Email was sent out to join the BVSX Cross Country **Garmin Clipboard app**. This is a way we can send workouts to your watches (if you have a Garmin GPS watch, read below if you want one). Download the app on your phone, sign-in/up & put in the invite code. **The Invite Code: TV4390**

Strava is an online website (like Garmin Connect) where runs can be uploaded to but is/can be used more as a “running social media” site (there are many privacy settings too). You DO NOT need a Garmin watch specifically to be a part of it. BVSX Cross Country also has a Strava page/group that all athletes, parents & coaches can join: <https://www.bvswxc.com/news-updates-2>

Garmin Web Shop for Cross Country Summer Training Now Open

Web Shop: <https://www.garmin.com/en-US/promos/ghgc6398f0616>

Open: NOW

Closes: Sunday, June 29th at 11:59 PM

Things to Know:

- Only the products shown on the page are available for discount
- Only 2 products are allowed per transaction (i.e. 2 watches or 1 watch + 1 HRM)
- The 20% discount is already applied to the available products when clicking the web shop link

THINGS THAT STILL APPLY

Location of Practices

Below is a link to give a map of where all of our meeting locations through the summer & season will be.

Link: <https://docs.google.com/document/d/1dUplnxwapPUJJ23l-88QolYbdZyoweo7MekRVufR9RQ/edit?tab=t.0>

Sign up for GroupMe

Make sure you are a member of our GroupMe messaging group for last minute updates & changes for the Summer & Fall XC seasons. It is for both Parents & Athletes. New athletes & parents can join with link below

Link: https://groupme.com/join_group/100852708/OdwPn0bo

Daily Schedule for Week -8

Day	Date	Location	Time – Who	Workout Details
Monday	June-23	Black Bob Park Weight Room	6:30am – ALL 5:30/6 ¹ -7pm - ALL	-LL, Steady , 4xBU's, HT, Band, Roll -TAPP (Dbl-rec)
Tuesday	June-24	BVSX Track Weight Room	6:30am – ALL 5:30/6 ¹ -7pm - ALL	-SPWU, Speed Work , Bound, Leg Elv -TAPP (Dbl-rec)
Wednesday	June-25	On Your Own	On Your Own	-LL, Recovery , 4xBU's, HT, Strech
Thursday	June-26	Verhaeghe Park Weight Room	6:30am – ALL 5:30/6 ¹ -7pm - ALL	-1/2WU, Mills , 4xBUs, HT, Band, Roll -TAPP (Dbl-rec)
Friday	June-27	Paschke's Home ² On Your Own ³	6:30am – ALL TBA – Elite ³	-LL, Recovery , 4xBU's, HT, Band, Roll, Stch - Double (PM)
Saturday	June-28	Quivira Park	6:30am - ALL	-1/2WU, Long Run , 6xBU, HT, Leg Elv

¹ Only for athletes participating in afternoon doubles meet at 5:30pm, everyone else can arrive at 6:00pm

² Pancake Breakfast Run at the Paschke's Home (Address: 11610 W 157 Terrace, Overland Park)

³ Elite athletes do an evening double on their own

“Are you On the Journey to the Summit of Great”