



SOUTHWEST PROJECT



Weeks to Go

-4

The Southwest Project Newsletter 4 Weeks to go.

We have a hot one in store for us this week. It will take some additional recovery, but we can keep our training progressing. Make sure to hydrate & sleep more than normal this week. 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 BVSW XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Heat, Hydration, Humidity, Sleep & Recovery

Sometimes the heat called the “poor man’s altitude,” in that it makes training more challenging & requires adaptation. This week will be our hottest of the summer (so far). As heat buildup in the body, it slows down the chemical reactions in the body needed for athletic performance. Your nervous system begins to shut down to prevent permanent damage to your body & brain. The heat obviously causes the body to begin sweating more as the body’s main cooling method. This will lead to a need to replace both water & electrolytes lost through sweat. Water is a great “pre-run” hydration tool & Gatorade/Powerade are great for post-run recovery. The high humidity prevents sweat from evaporating on your skin. Without the evaporation the body will not be able to cool itself effectively putting the body through more stress then when it is cooler &/or dryer.

This means that an athlete training in heat & humidity will have a greater training load then normal. For the athlete to not “overtrain” they will need to decrease quantity (not desired), slow pace (sometimes needed) or increase recovery time (preferred method). I want athletes keeping their mileage similar to what’s scheduled with the pace on most days staying the same but taking a few more stops in the shade for water is as needed is the best method to train in the heat/humidity.

Regardless of any changes to training the athletes will be under a greater stress in the coming week under this heat. The BEST (and only real) way for the body to restore the damage to the body is to sleep. Athletes MUST get more sleep this week to make up for the increase in stress on the body. Please take care of yourself, but know that we can keep improving as long as we take our recovery seriously!

Pancake Breakfast This Friday at the Collins (7/25)

Very excited to have our 4th pancake breakfast at the home of the Collins this week! We will meet at their house at normal 6:30am time & go for our run from there house. When we get done, we will have food ready. Address: **16500 Goddard St, Overland Park**

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

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

THINGS THAT STILL APPLY

Get Your Physical & Paperwork!

Please make sure you are getting your athletic physicals taken care before the start of the school year. If you need any help with this, please contact the athletic office (contact info on athletic page <https://www.bluevalleyk12.org/Page/35764>)

KSHSAA Physical paperwork: <https://www.kshsaa.org/Public/PDF/Form-PPE.pdf>

Link: <https://manager.gobound.com/registration/ks/school/bluevalleysouthwesths/family>

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

Spike Week at Fleet Feet (7/28 – 8/3)

Fleet Feet will put on a “Spike Week” at their store (119th & Quivira) from **July 28th to August 3rd**. Any time during that week athletes & parents can go into the store to receive a discount on most items. It is a great chance to replace old training shoes &/or get racing spikes. Just a heads up, they will start getting more spikes in the next few weeks & some people will go their early to buy theirs, so supplies may be down by then.

Parent Meeting Scheduled (Sunday August 17th)

We will have our annual parent meeting on **Sunday August 17th at 6:00pm** in the **BVSW Fixed Forum**. This is a meeting for parents of both returning & new kids. We will give details about needs & plans for the season.

Family Breakfast (Saturday August 30th)

We have scheduled our annual Cross Country Family Breakfast for **Saturday August 30th at 9:00am** at the **concession stands** by the soccer field. We will be looking for parent volunteers to help us cook pancakes & provide other breakfast side dishes for the event. More info will come, but please put this on your calendar.

Garmin Clipboard & Strava

Recently a GroupMe & Email was sent out to join the BVSW 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 BVSW Cross Country also has a Strava page/group that all athletes, parents & coaches can join: <https://www.bvswxc.com/news-updates-2>

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 -4

Day	Date	Location	Time – Who	Workout Details
Monday	July-21	Black Bob Park On Your Own ⁴ On Your Own ⁴	6:30am – ALL TBA – Elite, Blk ⁴ TBA – ALL ⁴	-LL, Steady , 4xBU's, HT, Band, Roll -Double (PM) -TAPP ¹ (Push, Push, Core, Low Body-S)
Tuesday	July-22	BVSW Track Parking Lot* Weight Room ¹	6:30am – ALL 5:30pm – Elite* 6:00-7pm – ALL ¹	-SPWU, Speed Work , Bound, Leg Elv -Double (PM)* -TAPP ¹ (Pull, Pull, Core, Low Body-P)
Wednesday	July-23	On Your Own	On Your Own	-LL, Recovery , 4xBU's, HT, Strech
Thursday	July-24	Verhaeghe Park Parking Lot* Weight Room ¹	6:30am – ALL 5:30pm – Elite, Blk* 6:00-7pm – ALL ¹	-1/2WU, The Mills , Roll, Leg Elv -Double (PM)* -TAPP ¹ (Full Body WO)
Friday	July-25	Heritage Park #8 ² On Your Own ³	6:30am – ALL TBA – Elite ³	-LL, Recovery , 4xBU's, HT, Band, Roll, Stch - Double (PM)
Saturday	July-26	Deanna Rose	6:30am - ALL	-1/2WU, Steady Run , 6xBU, HT, Band, Leg E

* Only Athletes participating in afternoon doubles meet at 5:30pm, everyone else can arrive at 6:00pm for TAPP

¹ TAPP is our strength & lifting sessions and is open to all athletes in the program

² Collins Home: **16500 Goddard St, Overland Park**

³ Elite athletes do an evening double on their own

⁴ No TAPP or organized Double on Monday. Do your running & lifting on your own.

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