JULY 15th, 2024

TIGER PRINTS

BVHS XC WEEKLY UPDATE

WEEKS UNTIL STATE:

16

Weekly Review

Big Week was a smashing success! Our numbers were up, mileage was up, and fun was up! Thanks to the booster club for the daily prize bags and snacks. And thanks to our runners that did a great job running last week. We are calculating the scores and will release that information soon.

The booster club met on Tuesday to discuss the season. Plans are in the works to collect dues and conduct fund raisers. These funds come back to the team and support additional uniforms, snacks at meets, equipment purchases, the team banquet, and much more. The booster club decided to use Google Photos for team photo sharing. You will learn more at our parent's meeting in August.

This Week

We are back to business as usual and will rotate meeting locations each morning. See the calendar below for that update. Note, the Friday location may change if there is rain during the week because the trail will be too muddy to run. Watch SportsYou for location updates.

Training advice

Last week concluded the base/injury prevention phase of summer training. This week we move to the precompetition phase. This phase includes more speedwork in the form of short intervals either on the road or as hill repeats. We will continue to increase mileage each week and will reach peak mileage for the season during this phase. Runners will continue to do strides and all our supplemental work.

For those that missed a lot of the first phase, we will find a way to make phase two a hybrid which will get you re-established with base/injury prevention and still blend in precompetition work.

All runners need to take each component of the training day seriously. That starts by showing up well-rested and hydrated. Warm ups should be done deliberately, strides completed immediately upon returning (within two minutes!), heel/toe, stretch, etc etc all done with the proper focus and intensity. Doing these half way opens the door to injury. After the workout, rehydrate and refuel..eat within 30 minutes. Tired? Take a nap later in the day. Some aspects of training are boring, but so is being injured and going to physical therapy. We recommend being deliberate with pre/post run instead.

To do/Reminders:

-Log your runs EVERY DAY on Garmin Clipboard either by syncing your Garmin watch or manually adding the activity (Open Clipboard, go to the Activities tab, scroll the bottom and select "Add Manual Activity"). This takes 30 seconds and helps us coach you more effectively.

-Get your physical done prior to the start of the school year. Runners may not attend official practice they register for cross country and upload the physical form. Get your appointments now! Link here.

Calendar:

-July 15-22: Precompetition Week 1

15 Jul	6:30a	BVHS Track	Road fartlek
16 Jul	6:30a	Verhaeghe Park	
17 Jul	6:30a	I-Lan Park	Run then sprinting games
18 Jul	6:30a	Sunrise Point Elem	Hill repeats on Mission Hill
19 Jul	6:30a	The Backroads	Trail run
20 Jul	TBD	TBD	LRC
21 Jul	Off		Recovery run, off, or long run from Saturday if you missed

Summer Mileage	6/3	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29	8/5	Avg	Peak	Total
Boys Gold	25	30	30	35	35	40	40	45	45	50	**37.5**	**50**	**375**
Boys Black	20	20	25	30	25	30	35	35	35	40	**29.5**	**40**	**295**
Boys White	10	15	15	20	20	20	20	25	25	30	**20**	**30**	**200**
Girls Gold	20	25	25	28	28	32	32	33	33	35	**29.1**	**35**	**291**
Girls Black	15	15	18	22	22	25	25	25	28	28	**22.3**	**28**	**223**
Girls White	8	10	10	13	13	15	15	15	18	20	**13.7**	**20**	**137**

-August 13th: School Physicals Due

-August 24th: Extravaganza/Intrasquad meet (see www.bvhsxc.com for full meet schedule)

BVHS XC Online:

Website: www.bvhsxc.com Read the Weekly Update and meet sheets **(required)**

Messaging: SportsYou Access Code: N7CF-YA2L **(required)**

Workout/Mileage logs: Garmin Connect and Garmin Clipboard (required)

Sign up for each app using the SAME email. Access code for Garmin Clipboard: XN0445.

Instagram: BVHS XC (optional)

Strava Running Club: BVHS XC (optional)

Twitter: BVHS XC (optional…coming soon)

Picture Sharing: Google Photos (optional…coming soon)