




Windsor Cross-Country-Chronicle



November 3, 2024

Last Week's Highlights

- Good week of practice! Nice effort on 3 x 1 Tempo miles and 4x1000m Q workouts.
- I enjoyed the "Strava Art" effort on Halloween Eve! 
- On Friday, we did some mental prep on the course for NBL Finals!
- **We are ready** to run our season-best efforts on Saturday, November 9!

This week...

As usual, **pay attention to your sleeping and eating**. Most of our work this week is simply focused on getting our bodies and minds fresh for NBLs...

- Monday, 11/4: Q#1 workout, 15 mins wu, 6 x 3 mins at HM pace w/ 2 mins jog, 10 mins cd
- Tuesday, 11/5: Meet at track 4pm, EZ 45 minutes + strides.
- Wednesday, 11/6: Q#2 workout, 4pm at track (15 min wu, 2 or 3 x 1-mile T with 2/ mins rest, 10 mins cd)
- Thursday, 11/7:
 - 4pm - 30 minute EZ run, strides and stretching + RACE VISUALIZATION.
 - **TEAM DINNER at KIN**, 6pm-7:30pm (740 McClelland Drive). *Please attend!* All team members are welcome, and the team is paying (but if you'd like to pitch in, the coaches will gladly accept voluntary donations in the range of \$10-\$20 per person to help offset the expense!)
 - **SPECIAL UNIFORM TOPS** handed out to Varsity Runners for NBLs!
- Friday, 11/8: 30 minute EZ run, strides and stretching, OYO
- Saturday, 11/9: **NBL Finals** - see the Meet Info Sheet for all the details!



THOUGHT FOR THE WEEK:

"Winning doesn't always mean getting first; it means getting the best from yourself"
- Olympic marathoner Meb Keflezighi

QUESTIONS? Contact Coach Ruben at 707-799-7218 or rodirado@gmail.com
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