



# Windsor Cross-Country-Chronicle



October 13, 2024

## Last Week's Highlights

- **Fun pre-meet dinner together on Monday!** – *thanks Monica & Victor and Melissa for taking great care of us!*
- **Lots of Racing!** Some outstanding efforts on a warm afternoon for our NBL Meet on Tuesday. Our first of three 3-mile races at Spring Lake this year – we will get faster! I thought Corbin, Michael, Max, Isaiah, Kendall, and Lucy had their best races of the year.
- **Clovis Invitational** was a lot of fun and a good test to see where we stand as a team. I think the Boys rank about 6<sup>th</sup> in NCS Division 3. (*The top 4 go to State. Teams ahead of us: Tamalpais, Maria Carrillo, Newark Memorial, Casa Grande, Campolindo*).
- Strong, well-executed races from Emily Williams and Xavier Surgeon at Clovis – both placing 7<sup>th</sup> in their races.

## What's Up This Week?

This is the last week of Phase 3 of our training (the most intense phase). So we need to finish well. Workouts shift to a bit faster running (but also less volume) in Phase 4 to be sharp for our season-ending meets. The weather this week looks pretty good!

Also this week, **PREP for NBL Meet on October 23** at Spring Lake (we host! however, other schools will also help us. I will be reaching out to our volunteers this week!)

- Monday, 10/14: Meet 4pm at the track, then Q workout #1: 2 EZ+ 6 x (3 mins “on” / 2 mins “easy”) at Wilson Park + 2 EZ
- Tuesday, 10/15: Meet 4pm, EZ 45-60 minutes easy recovery day.
- Wednesday, 10/16: Meet 4pm, Q#2: wu, 3-mile progression tempo run, cd
- Thursday, 10/17: Meet 4pm, EZ 45-60 minutes easy recovery day.
- Friday, 10/18: EZ pre-meet OYO for those racing on Saturday. All others: Q#3: **EARLY MORNING**: 1 EZ + 3 Marathon pace + 1 Tempo + 2 Marathon pace.
- Saturday, 10/19: **Wilder – Mariner Invite, Hayward HS** (this is the course where the NCS Championships will take place in November). We will finalize race rosters on Monday, but the plan is to give some of our veterans a short break from racing. Our primary goal for this meet is to provide our younger runners with experience racing the course. Van leaves at 8am, races at 11am/11:30am, back to Windsor by 2:30pm. Everyone else: Easy 45-60 mins + strides OYO.

### QUOTE OF THE WEEK:

“It always seems impossible until it's done.” – Nelson Mandela

**QUESTIONS?** Contact Coach Ruben at 707-799-7218 or [rodirado@gmail.com](mailto:rodirado@gmail.com)  
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