



Windsor Cross-Country-Chronicle



October 20, 2024

Last Week's Highlights

Adjustment to our competition schedule and some intense training sessions!

- This past week we decided to drop our weekend invitational to focus on training. I think this was the right decision - our final week of Phase 3 training featured three quality workouts (...and it's ok to be a bit sore today!)
- Highlights included a challenging fartlek session at Wilson Ranch on Monday and night-tempo with our new LED display on Thursday night.

What's Up This Week?

- This is the first week of Phase 4 and we are transitioning to "final quality." Now is the time to "bring the hay into the barn." Everything we do from here through the end of the season is to SHARPEN the fitness we've built over the past four months, not EXPAND on it. This means some lower running volume, more rest, and a greater focus on faster training paces.
- As always, consider consistent sleep, eating well, and stretching as foundational to your athletic success and overall well-being (it's not "optional" - don't take shortcuts!)
Let's finish with our best efforts - healthy and confident!

Two more NBL meets ahead FOR EVERYONE. We co-host a meet at Spring Lake on Wednesday including Maria Carrillo, Montgomery, and Analy (*four schools because it has also become a makeup for some other schools for a meet that was postponed due to the heat.*) This meet is an important final "dress rehearsal" for our peak meet - league finals on Saturday, November 9.

- Monday, 10/21: Short but FOCUSED Q#1 workout, 4pm at the track. Come to practice ready to go!
- Tuesday, 10/22: Meet 4pm, EZ pre-meet session.
- Wednesday, 10/23: **NBL Meet at Spring Lake. Early release at 1:30pm, first race at 4pm! LET'S GO!** (I will send more details separately).
- Thursday, 10/24: Meet 4pm, EZ 45-60 minutes easy recovery day.
- Friday, 10/25: Q#2. Broken tempo workout, 4pm at Riverfont (+ morning sesh for Fab 5)
- Saturday, 10/26: "Shorter/quicker" long-run, 8:30am. More details later in the week.

QUOTE OF THE WEEK:

"If we all did the things we are capable of doing,
we would literally astound ourselves." – *Thomas Edison*

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