



Windsor Cross-Country-Chronicle



October 6, 2024

Last Week's Highlights

- **Good Training!** Working around the heat!
 - As of today, only 5 weeks remain for league finals - so last week was a crucial training week. I liked how the team rallied for early morning or evening workouts. **We “flexed” around the conditions - that’s what GREAT teams do!**



- We’ve already done most of the hard work over the past 4 months - now it’s time to race and prepare for peak performance!

What's Up This Week? Team Dinner! Meets! **Split Squad!**

At this point in the semester, I know **A LOT IS GOING ON** for everyone - friends, classes, clubs, music, **AND** cross-country! My suggestion: take a few quiet minutes today to think about your week ahead - is there anything ahead that feels “heavy?” What’s essential? What can be moved around or set aside? Managing life can be a puzzle - *there’s nothing wrong with reaching out for help*. We coaches are always available to talk - maybe we can figure some things out!

- Monday, 10/7: Hot day! Option to meet for short pre-race practice at the track at 6AM OR 15-minute warmup and stretch OYO. 6:00-7:30pm - **Team Dinner #2 at Sallee’s, 1887 Reiman Lane!**
- Tuesday, 10/8: **NBL Tri-Meet #2 at Spring Lake Park**, 1:30pm early release, 4:00pm first race. Expecting temps in the low-mid 80’s at race time.
- Wednesday, 10/9: 4pm at the track - 45-60 minute EZ run with strides (*mid-80s at 4pm?*).
- Thursday, 10/10: **We’re splitting into TRAVEL and HOME Squads on Thurs-Saturday.**
TRAVEL SQUAD: Early release for **ASICS Clovis Invite**, leaving at 10:30am. **HOME SQUAD**: 4pm - meet together at track, run to Wilson Park and back - 40-minute run (20 mins easy, then 4 x 90 sec tempo “pickups” followed by 3-1/2 minutes EZ)
- Friday, 10/11: **HOME SQUAD**: OYO, easy 30 minutes + stretching. **TRAVEL SQUAD**: Girls race #9 at 10:45, Boys race #10 at 11:10. Follow live results here: <https://finishedresults.trackscoreboard.com/meets/12455/events>
- Saturday, 10/12: **SPECIAL PRACTICE for HOME SQUAD** at the track, 8:30 am. **TRAVEL SQUAD**: EZ long run OYO.

QUOTE OF THE WEEK:

“We don’t have to be the victims of our situation. We can become the architects of it.”

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