



Windsor Cross-Country-Chronicle

September 8, 2024



Last Week's Highlights

- We managed to get in some very good workouts despite the hot afternoons. I'm seeing good progress - experienced runners are shifting into "race mode," new runners are moving up to a new level of fitness! We finished Phase 2 of the season training plan!
- Great start on schoolfundr fundraiser! We just launched, and we are already at \$2,200. If you haven't already, please get your phone numbers/emails loaded!
- 15 Jaguars traveled to Monterey for the Jackie Henderson Invitational. This was a big meet - 49 teams participated, including some of the top-ranked schools and athletes in the State. It was a good opportunity to test ourselves against top-flight competition!
 - **Varsity Girls** team (Kendall, Pia, Kiarah, Annaleigh, Darla) did not back down from the challenge! - they ran tough and took 11th of 18 schools. Good job!
 - **Boys Varsity** (Xavier, Michael, Max, Tristan, Corbin, Isaiah, Matthew) took 9th out of 30 strong schools - an excellent result! Their team time of 84:33 for a 3-mile course was one of the best team efforts I could find in school history! (to get a sense of improvement, last year at this point in the season, the team time was 99 minutes at Lagoon Valley)
 - **JV Boys** - 205 Boys in this race! Luciano (36th) Mason (44th), and Arath (67th) all ran much faster than they did the week before

What's Up This Week?

- Monday, 9/9: Phase 3 of the season training plan begins, regular practice at 4pm.
- Tuesday, 9/10: Practice at Foothill Park - we have volunteer drivers! **Please tell Coach IF YOU DON'T NEED A RIDE.** Leaving from gym parking lot at 3:50pm.
- Wednesday, 9/11: **MORNING PRACTICE** - we are doing an 18 minute progressive tempo run on the track (or 2 mile fitness time trial) at 6:55am, done by 8:00am. There is also a **4pm alternative practice** for those that absolutely can't come in the morning.
- Thursday, 9/12: regular practice at 4pm.
- Friday, 9/13: Short practice (done by 4:45) and **Pre-Meet Team Dinner for entire roster** at Surgeon's, 6171 Marsi Ct, 6:00-7:30pm - hosted by Post and Surgeon families.
- Saturday, 9/14: **Meet Day! Viking Opener, Spring Lake, Santa Rosa.** All athletes who've met the fitness standard are eligible to compete! More details to come!

QUESTIONS? Contact Coach Ruben at 707-799-7218 or rodorado@gmail.com
windsorhighrunning.com/xc