

Windsor Cross-Country-Chronicle



https://www.windsorhighrunning.com/xc

October 25, 2026

Last Week's Highlights!

- **Strong Workouts:** I was very pleased with the "key workouts" on Monday, Wednesday, and Saturday. The team consistently knows what to do, gets to it, supports each other, and finishes the work. The growth doing the workouts is starting to be reflected by the confidence and performances at the races – and ***the best is yet to come!*** We also enjoyed some cool, wet fall weather at Riverfront on Thursday – what a joy to be out and running!
- **Haystack Tune-up, Saturday Oct 24** – great job by our frosh and soph athletes! See BAND for the recap and photos!
- **SHE KILLS MONSTERS** featuring our own **Darla Jensen** as Farah. If you know, you know!
- **Barrier BREAKERs:** Darla, Audrey, Anthony, and Jack broke 20 minutes and Liam broke 17 minutes in the last week or two – who's next to break through a major barrier? **WHY NOT YOU?**

What's COMING UP?

- **FOCUS ON TRAINING AND HEALTH THIS WEEK, with great weather too!**
  - MONDAY (easy) at RIVERFRONT, 4pm; WEIGHTS 5:30pm Monday
  - TUESDAY (hard) and WEDNESDAY (easy) meet at the Track, 4pm;
  - THURSDAY night, 7:30pm **GLO STICK NIGHT TEMPO**
  - FRIDAY – "on your own" – easy 30 to 40 minute run
  - SATURDAY: long run at PARKTRAIL, 8:30AM

- **Some Key Dates Ahead:**
  - **Thursday, November 5**, Team Dinner at Setzer's!
  - **Saturday, November 7th** NBL League Finals (all athletes!)
  - **Saturday, November 21st** North Coast Section at Hayward (Varsity only)
  - **Monday, November 30th** ***(changed – note new date)–*** Season-end Celebration!

Thought for the week: The Four Minute Mile

It was once widely thought it was physically impossible for a human to run a mile faster than 4 minutes. The world record had stalled at 4:01.4 for nine years until Roger Bannister broke through in 1954, running 3:59.4. By the end of 1954 the record had dropped to 3:57. By 1955 four more people would go under 4 minutes. Bannister didn't suddenly make other runners physically capable of breaking four minutes. He helped change what *athletes believed was achievable.*

Today's breakthrough can become tomorrow's expectation.

Questions? Text Coach Ruben at 707-799-7218