

Windsor Cross-Country-Chronicle



https://www.windsorhighrunning.com/xc

November 1, 2026

Last Week's Highlights!

- **Penultimate Week of the Regular Season!**
  - **Great Job on Last Tough Workout** of the regular season on Tuesday October 27 (6x800m faster than race pace, 1 minute rest between intervals!)
  - **GLO STICK NIGHT TEMPO** on October 29! Good times!

What's COMING UP?

BIG WEEK! Season ends for most of our runners! LET'S FINISH STRONG!

- **FOCUS on LOCKING IN for NBL's!**
  - **Monday** 5–6 mi easy + plyos (no weight room)
  - **Tuesday** 2 mi WU, 3 × 1000m at controlled 5K race effort (2:30 min recovery), 4 × 150m relaxed
  - **Wednesday** 4–5 mi easy recovery
  - **Thurs** 2 mi easy, 3 × 2 min cruise intervals at threshold pace (1 min easy jog), 1 mi easy, 4 × 100m strides
  - **Thurs** ***PASTA FEED TEAM DINNER*** hosted by Setzer family! (Jack's birthday! Let's help him celebrate!)
  - **Friday** 2–3 mi easy + 4 strides
  - **Saturday** **NORTH BAY LEAGUE FINALS** (all athletes – see BAND post for details!) **LAST DAY OF SEASON** for non-varsity runners! Emily, Darla, Emma, Audrey, Annaleigh, Eleanor, Amelia, Addie, Corbin, Michael, Arath, Gavin, Henry, Omar, Liam, Eli, and Freddy will continue until North Coast Section!

- **Some Key Dates Ahead:**
  - **Saturday, November 21st** North Coast Section at Hayward (Varsity only)
  - **Monday, November 30th** Season-end Celebration! PLEASE RVSP via BAND! (all!)

Thought for the week:



Remember, **BOOZER** (the barking dog) is out there on the course. Don't be surprised when you find him – his job is to scare as many runners as he can. *All he can do is bark and act threatening – but he doesn't actually bite!*

HAVE A PLAN and make him pay for his trickery!



Questions? Text Coach Ruben at 707-799-7218