

Windsor Cross-Country-Chronicle



https://www.windsorhighrunning.com/xc

October 4, 2026

Last Week's Highlights!

- A Very Good Week of Training
  - **Despite some warm weather,** we were able to get some good work done with 3 quality workouts on Monday, Wednesday, and Saturday. JV athletes got a chance to run a fun 1600m time trial on Wednesday! I believe some popsicles were consumed on Thursday! Hilly and fast on Saturday!



  - In October we started a more intense phase shifting to more race-specific training. This involves longer intervals at race-pace with short rest. **It's super important to eat well, stay hydrated, and GET SLEEP so that your body recovers well!**

- Schoolfundr Campaign DONE!: We raised a total $8,569! More than $1500 above our goal! ***Well done everyone – we got great participation across the roster!***



What's COMING UP?

- We will again manage around some warm weather days this week…
  - MONDAY: Meet at the track at 7AM for an easy, longer run before school OR run on your own – 40 to 60 minutes of easy pace with 4x strides at the end. **WEIGHTS at 5:30pm.**
  - TUESDAY at the track, 4pm, easy recovery day with strides. Will be warm but short!
  - WEDNESDAY: Morning tempo run at the track - 7am!
  - THURDAY – Travel to Asics Clovis OR *30 minutes easy recovery day on your own*
  - FRIDAY: ASICS CLOVIS RACE DAY or *run 40 mins on your own in the cool weather BEFORE SCHOOL.*
    - Boys in Div 4 race at 7:40am, Girls Div 4 race at 10am
    - Races will be livestreamed: https://www.youtube.com/@hdRunners/streams
  - SATURDAY: easy, longish recovery run at PARKTRAIL, 8:30AM (everyone!)

- Some Key Dates Ahead:
  - **Monday Oct 12** – no school. **Tuesday, Oct 13**: Team Dinner at Wilch's
  - **Wednesday, Oct 14:** NBL Meet#2 at Spring Lake (all athletes run! + honor our seniors!)
  - **Saturday, Oct 24th**, Haystack Tune-up at Hayward (mostly frosh & soph runners)
  - **Thursday, November 5**, Team Dinner at Setzer's!
  - **Saturday, November 7th** NBL League Finals (all athletes!)

Quote for the week:

"Don't judge each day by the harvest you reap but by the seeds that you plant."

– Robert Louis Stevenson

Questions? Text Coach Ruben at 707-799-7218