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March

MONTHLY REPORT



Grassridge

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION

During the month of March, Grassridge focused primarily on cross country training. The site did not participate in any official events, as athletes are currently in a preparation phase for the upcoming cross country season.

KEY FOCUS AREAS

Training sessions were structured around:

- Building endurance
- Maintaining consistent pace
- Improving breathing techniques

These focus areas aim to ensure athletes are well-prepared, both physically and mentally, for the demands of cross country competition.

TRAINING PROGRAMME

Week 1-4	Day	Morning Session	Evening Session
	Monday	10 km easy	18 km steady
	Tuesday	10 km easy	15 min warm-up; 6 × 5 min fast with 5 min jog recovery; 15 min cool-down
	Wednesday	10 km easy	26 km steady
	Thursday	10 km easy	8 × 1000 m with 200 m jog recovery
	Friday	16 km easy	—
	Saturday	—	8 km time trial
	Sunday	32 km easy	—

COMPETITION HIGHLIGHT

ADDO ELEPHANT TRAIL RUN - 22 MARCH 2026

Aphelele September delivered an outstanding performance at the **Addo Elephant Trail Run**. Competing in one of Africa's toughest trail events, Aphelele conquered the **21km race** in exceptional fashion, setting a **new course record of 1:46:02—breaking the previous record by nearly 7 minutes.**

This remarkable achievement highlights not only strength and endurance, but also determination and competitive excellence. Aphelele's success is a proud moment for Grassridge and an inspiration to fellow athletes.

AREAS OF CONCERN

For the month of March, the site needs the following:

- Continuous inconsistent attendance from athletes during training
- The official dates for the upcoming cross country season have not yet been announced. This has impacted the ability to fully structure and periodize the training programme.
- The project admin faced difficulties with printing out the attendance registers. Hence they were only able to use the old template.
- One athlete, **Mikhulu Kona**, has been absent from training for an extended period due to him not staying close by to the training site and transportation to training is not made available.
- **Aqhamile Mdayi, Siphesihle Wellem, Zimkhitha Jack** and **Thomas Fick's** attendance has drastically dropped.

CONCLUSION

Despite uncertainties around the official season calendar, the programme has remained balanced to ensure steady progress without risking burnout. Notable individual achievements, such as Aphelele September's record-breaking performance, highlight the positive impact of the training approach.

Moving forward, the focus will remain on maintaining consistency, refining performance, and adapting the training programme in line with the confirmed competition schedule.





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