



20
26

April

MONTHLY REPORT



Chaba

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION



Coaches Mandisa Nqayi (Coach Mandy) and Thando Loliwe (Coach Thando) led the training programme, which concentrated on cross country, track and field, and race walking. Developing well-rounded athletes by increasing strength, speed, endurance, and general performance was the main goal for the entire month.

In order to help athletes adjust to the increased effort while getting ready for the forthcoming cross country season, training sessions were organized in a progressive manner.

KEY FOCUS AREAS

Throughout the month, emphasis was placed on:

- Preparation and loading across the nation
- Increasing stamina and aerobic endurance
- Conditioning and strength building • Training for hills and speed
- Increasing athletes' discipline and consistency
- To make sure athletes are physically ready for competition, the program progressively increased distance and effort.

TRAINING PROGRAMME

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Week 1	Extensive Tempo – 30 min	Strength – 10 × 300–400m [1:2]	Hills – Walk-Jog Back	Strength	Ext Tempo (Pyramid) – 2–3 × (400m, 500m, 600m, 500m, 400m) @ 70% [1:2] / 5 min	Long Run – 45 min
Week 2	Extensive Tempo – 35 min	Strength – 11 × 300–400m [1:2] / 5 min	Hills – Walk-Jog Back	Strength	Ext Tempo (Ladder) – 2–3 × (200m, 300m, 400m, 500m, 600m) @ 70% [1:2] / 5 min	Long Run – 50 min
Week 3	Extensive Tempo – 40 min	Strength – 12 × 300–400m [1:2] / 5 min	Hills – Walk-Jog Back	Strength	200m Repeats – 20 × 200m @ 70% [1:2] / 5 min	Long Run – 55 min
Week 4	Extensive Tempo – 45 min	Strength – Sprints Technique	Hills – 13 × 300–400m (Walk-Jog Back)	Strength – Sprints Technique	300m Repeats – 20 × 300m @ 70% [1:2] / 5 min	Long Run – 60 min
Week 5	Extensive Tempo – 50 min	Strength – Sprints Technique	Hills – 14 × 300–400m (Walk-Jog Back)	Strength – Sprints Technique	Ext Tempo (Speed) – 30 × 150m @ 70% [1:2] / 5 min	Long Run – 80 min



POSITIVE OUTCOMES

April brought several encouraging outcomes:

- Athletes showed improved endurance and overall fitness levels
- Noticeable improvement compared to the previous cross country season
- Athletes adapted well to the new training programme
- Successful completion of weekly training programmes
- Return of Mbalentle Adam, showing renewed commitment
- Readiness for upcoming competitions, including league events
- A site visit was successfully conducted at the Donqaba site on 29 April, the training resumed smoothly, with athletes actively participating and demonstrating positive engagement and enthusiasm.

NEGATIVE OUTCOMES

Despite the progress, the month presented several challenges:

- Some athletes arrived late for strength (gym) sessions
- Lack of proper training facilities, especially for speed sessions
- Cross Country League 1 postponement affected athlete motivation
- Temporary absence of Mbalentle Adam earlier in the month
limited access to training equipment



AREAS FOR SUPPORT

The following items are required to improve training quality and athlete performance:

- Water bottles and water cans for training sessions
- Training equipment for strength and conditioning
- Proper training shoes (notably for Singalaka Klaas)

CONCLUSION

The monthly training programme was productive, with athletes showing clear improvement in endurance, strength, and overall performance. Consistency and commitment levels were encouraging, and the athletes are progressing well in preparation for the cross country season.

While some challenges remain, particularly regarding equipment and facilities, the overall development of the athletes is on the right track. Continued focus on discipline, punctuality, and resource provision will further enhance performance and readiness for upcoming competitions.





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