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26

April

MONTHLY REPORT



Grassridge

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION

During the month of April, Grassridge focused on the cross country training programme, with athletes demonstrating strong excitement and enthusiasm at the start of the season.

Their positive attitude has contributed to a motivated and energetic training environment as the programme begins to take shape.

KEY FOCUS AREAS

- Building and progressively developing the athletes' aerobic base
- Introducing complementary training methods:
 - Yoga (to improve flexibility and recovery)
 - Pilates (to enhance core strength and overall conditioning)
- Structuring training sessions around key performance areas:
 - Building endurance
 - Maintaining a consistent running pace
 - Improving breathing techniques
- Supporting gradual physical adaptation while reducing risk of injury
- Preparing athletes both physically and mentally for the demands of the cross country season

TRAINING PROGRAMME

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

MONTHLY HIGHLIGHTS

Wellness Workshop – 2 April 2026

Athletes from Addo attended a Wellness Workshop held at Nelson Mandela University (Missionvale Campus), facilitated by Fihliwe Klaas. The session focused on holistic athlete development and covered key areas such as:

- Physical Health
- Mental Health
- Relationships
- Home Environment
- Spirituality
- Career Development
- Financial Awareness
- Recreation



The workshop provided valuable guidance to athletes on maintaining balance in both their sporting and personal lives.

Athlete & Parent Meeting – 7 April 2026

A meeting was held at Linkside High School with athletes, parents, and coaches from the Grassridge site. The purpose of the meeting was to distribute indemnity forms to selected athletes for parental consent. Parents were also informed about the support provided by Khulasande, including competition participation, running kits, and tracksuits for athletes who do not have them.

In addition, athletes were reminded of the importance of commitment and performance. Due to funding constraints, the number of athletes has been reduced, making selection more competitive. Athletes were encouraged to take their opportunities seriously, lead by example, and strive to qualify for championships through consistent performance and discipline.



POSITIVE OUTCOMES

- Significant improvement in athlete performance
- Strong team spirit and positive attitude
- No injuries reported during the month
- Athletes showing good recovery and effort to maintain healthy habits

NEGATIVE OUTCOMES

- Two athletes were affected by flu and missed a few sessions.
- Some athletes faced challenges maintaining consistent healthy nutrition due to different home circumstances
- Challenges were experienced with maintaining the attendance register, as coaches were focused on supervising athletes, resulting in incomplete register entries during April.



AREAS FOR SUPPORT

- Running shoes for MJ (Emihle Junior) to ensure proper support and prevent injuries
- Additional general support for training resources (e.g., equipment and basic needs)

CONCLUSION

- April was a highly successful month for the Wonder Kids Grassridge team. The athletes displayed excellent performance, dedication, and enthusiasm throughout the programme. The foundation for the season has been effectively established, and the overall outcomes have been very positive.
- Moving forward, the focus will remain on building strength, improving endurance, and preparing athletes for upcoming competitions. With continued effort and consistency, the team is well-positioned for further success.



GALLERY





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