



20
26

April

MONTHLY REPORT



Waainek

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION

The training programme focused on developing athletes in speed, strength, and long-distance endurance.

Cross country training remained a central component, with structured sessions aimed at improving overall athletic performance.

Athletes were progressively introduced to endurance-based training, pace management, and strength development.



FOCUS

- Speed development and acceleration
- Long-distance endurance training
- Strength and conditioning
- Running techniques and efficiency
- Pace management and race preparation
- Hill training for strength and resilience



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

MONTHLY HIGHLIGHTS

Site Visit – 16 April

A site visit was conducted in Alicedale on 16 April, where Coach Viwe led the training session in alignment with the prescribed programme. The coach demonstrated various exercises to ensure proper technique and understanding.

Although the athletes initially found the session challenging due to unfamiliarity with some of the exercises, they showed determination and willingness to learn. Overall, the athletes responded positively, displaying enthusiasm, active participation, and a strong interest in all activities conducted during the visit.

Site Visit – 16 April

A site visit was conducted in Alicedale again on 30 April, the training proceeded well. The athletes participated in hill training and demonstrated determination by pushing through despite the steepness of the route.

POSITIVE OUTCOMES

- Strong dedication and commitment from athletes throughout the month
- Improved pace control and running efficiency
- Successful completion of long-distance and hill training sessions
- Increased confidence, self-esteem, and motivation among athletes
- Positive teamwork, discipline, and training environment
- Good adaptation to training loads, with reduced complaints of fatigue in later sessions
- High energy levels and consistent punctuality during training
- Site visit session boosted morale, excitement, and engagement

NEGATIVE OUTCOMES

- Dehydration remained a recurring issue due to limited water supply
- Some athletes experienced fatigue during certain sessions
- Time constraints limited completion of full strength training sessions
- Limited equipment affected the effectiveness of strength training
- One athlete Ayavuya Ngxwashula showed poor attendance without communication
- Attendance was not at full capacity due to an outbreak of high fever, which affected some athletes and limited overall participation.

AREAS FOR SUPPORT



- Reliable and consistent water supply for hydration
- Training shoes for athletes lacking proper footwear
- Smartwatches to assist with performance tracking
- Yoga mats to support strength and conditioning sessions
- Windbreakers for rainy or windy days
- Beanies



CONCLUSION

The programme showed steady progress in developing well-rounded athletes. Endurance, strength, and speed improvements are evident across the group. Athletes are adapting well to structured training despite minor challenges. Continued support, improved attendance, and access to resources will enhance programme effectiveness. With consistency and proper equipment, athletes are well-positioned to reach higher performance levels





Email

operations@khulasande.org.za
thobela@khulasande.org.za



Phone

+27 67 495 3162
+27 333 2728



Address

20 Wychwood Ave, Mill
Park, Gqeberha, 6001