



20
26

May

MONTHLY REPORT



Chaba

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION

The training sessions and athlete development implemented by Coaches Mandisa Nqayi and Thando under the Chaba Soto & Donqaba Hub athletics programme are outlined in this monthly report. Track and field, cross-country, road running, and race walking athletes were the main focus of the programme. Training sessions were designed to improve endurance, strength, speed, race preparation, technique, and overall athlete fitness throughout the month.

Before Cross Country League 2, the athletes performed a number of endurance-based workouts, hill training, strength and conditioning, tempo runs, and competition preparation exercises. The programme made improvement, with participants showing effort, toughness, and competitive performances, despite a few issues with attendance, health, and athlete discipline.



KEY FOCUS AREAS

- Threshold and endurance development
- Technique and tempo training
- Strength and conditioning
- Race preparation for Cross Country League 2
- Speed endurance and aerobic fitness improvement



TRAINING PROGRAMME

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Week 1	Continuous Tempo 2 × 10 min	Strength Training	Hills 6 × 45 sec	Strength Training	Pyramid Tempo 2 × (600m,700m,800m,700m,600m) @70%	Long Run 60 min
Week 2	Continuous Tempo 1 × 15 min	Strength Training	Hills	Strength Training	Ladder Tempo 2 × (100m,200m,300m,400m) @70%	EPA XC League 1
Week 3	Continuous Tempo 3 × 8 min	Strength Training	Hills	Strength Training	200m Repeats 2 × (15 × 200m) @70%	Long Run 70 min
Week 4	Continuous Tempo 1 × 20 min	Strength Training	Hills	Strength Training	300m Repeats 5 × 300m @60%	EPA XC League 2
Week 5	Continuous Tempo 4 × 6 min	Strength Training	Hills	Strength Training	Pyramid Tempo 2 × (600m,800m,1000m,800m,600m) @70%	Long Run
Week 6	Continuous Tempo 2 × 10 min	Strength Training	Hills	Strength Training	Pyramid Tempo 2 × (100m,200m,300m,400m,300m,400m,200m,100m) @70%	Forest Run Challenge

POSITIVE OUTCOMES

- Athletes showed significant improvement in endurance, fitness, and overall performance levels throughout the month.
- Training attendance and commitment improved in several sessions, with athletes applying themselves well during workouts.
- The team successfully participated in Cross Country League 2, where several athletes achieved excellent performances and secured top three positions in their races.
- Obonayo demonstrated determination and resilience by finishing in the top three despite experiencing flu symptoms and chest soreness during competition.
- Athletes continued to improve technically and physically through consistent tempo, hill, and strength training sessions.
- The programme also contributed positively to athlete morale, confidence, and team spirit ahead of upcoming competitions.

NEGATIVE OUTCOMES

- Athlete attendance was inconsistent during some training sessions, affecting full programme participation.
- Some athletes were affected by illness and personal challenges during the month, which impacted training and competition performance.
- It was discovered that a few athletes are secretly participating in other sports, which may negatively affect recovery, discipline, and cross-country performance.
- A few athletes experienced disappointing performances due to divided focus and health-related challenges.



COMPETITION HIGHLIGHT

CROSSCOUNTRY LEAGUE 2, KOMANI - 16 MAY 2026

Athlete Name	Age	Gender	Distance	Time
Amahle James	11	M	3 km	12:26
Singalaka Klaas	16	M	4 km	22:43
Yolani Kokwe	16	M	6 km	21:57
Axolile Mbaqa	16	M	6 km	21:58
Ndikhokhele Mbuyazwe	12	M	3 km	13:39
Amila Moko	14	M	4 km	15:34
Obanayo Nonzinyana	13	M	4 km	18:42
Lubo Pike	11	M	3 km	11:54

AREAS FOR SUPPORT

The programme is currently in need of the following items to better support athlete development and participation:

- Training shoes for Singalaka Klaas
- Training shoes for Obanayo Nonzinyana
- Water bottles for athletes

CONCLUSION

All training groups showed encouraging progress during the month's training schedule. In both training and competition, athletes showed commitment, toughness, and progress. A number of competitors achieved strong performances that suggested they would qualify for future national championships, and participation in Cross Country League 2 offered important competition exposure.

Despite difficulties including poor attendance, illness, and inconsistent athlete focus, the athletes' overall progress is still positive. Performance and readiness for upcoming events will be further enhanced by a persistent focus on athlete discipline, wellbeing, consistency, and organized training.





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