



20
26

May

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	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

COMPETITION HIGHLIGHT

CROSS COUNTRY LEAGUE 1, VARSVLEI - 23 MAY 2026

Category	Athlete	Time
Boys 13	Luphawu Maqoko	17:10
Girls 14	Emihle Baartman	18:21
Boys 16	Isiphile Gojela	31:51
Boys 17	Ibanathi Tsewu	28.46
Junior Men	Lathitha Ntsunguzi	30:57
Men U23	Emihle Cunge	13:52
Men U23	Ayavuya Ngxashula	16:39

Ayavuya Ngxwashula was incorrectly entered by the EPA official under the U23 age category instead of his correct age category. Although he is 16 years old, he competed in the U23 category.

POSITIVE OUTCOMES

- Positive energy and teamwork were consistently displayed during training sessions.
- Athletes adapted well to the increased training load and new threshold programme.
- Improved endurance and ability to sustain pace were noticeable among several athletes.
- The athletes showed enthusiasm and motivation during both training and competition preparation.
- Strength and hill sessions contributed positively to overall conditioning and leg power.
- The Coach observed encouraging progress in discipline, consistency, and athlete participation.

NEGATIVE OUTCOMES

- Some planned training sessions could not be completed due to unfavourable weather conditions.
- A few athletes struggled with full attendance on certain training days.
- Weather interruptions affected the consistency of the weekly training structure at times.

AREAS FOR SUPPORT

The following items remain important to support the athletes during training and competition preparation:

- Wind breakers
- Beanies
- Training shoes



CONCLUSION

The month's cross country training programme was a useful and encouraging one. The weather conditions caused a few disruptions to the planned schedule, but the athletes remained committed, strong and had positive attitudes throughout the training period. The combination of endurance work, threshold sessions, hill training and strength development proved to be a positive influence on the athletes' progress and overall preparation.

The coaching staff remains encouraged by the improvement of the athletes and their teamwork and willingness to work hard and the programme will continue to focus on building fitness and preparing the athletes for upcoming competitions.





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