

20  
26

July

# MONTHLY REPORT



## Chaba

**KHULASANDE SPORTS  
DEVELOPMENT**

# INTRODUCTION



The athletes committed to a progressive training programme throughout the month, focusing recovery, race integration, threshold training, endurance development, and race preparation.

Participation in the Khulasande Wonderkids training camp, which enhanced the athletes' technical, personal, and physical growth, was another aspect of the training programme.

The month was intended to expose athletes to competitive settings while progressively increasing their strength, aerobic capacity, race-specific fitness, and recovery. All things considered, the athletes showed determination, dedication, and ongoing development.

# KEY FOCUS AREAS

The main areas of focus throughout the month included:

- Threshold Development
- Endurance Development
- Khulasande Wonderkids Training Camp
- Race Integration
- Recovery and Competition Preparation



# TRAINING PROGRAMME

| Week            | Date        | Day 1                                       | Day 2          | Day 3                                 | Day 4                     | Day 5                                                                    | Day 6                               |
|-----------------|-------------|---------------------------------------------|----------------|---------------------------------------|---------------------------|--------------------------------------------------------------------------|-------------------------------------|
| Loading Week 1  | Jun 22, ... | VO <sub>2</sub> 5 × 3 min(2 min rest)       | Easy Run30 min | Long Run70 min                        | Strength                  | Ext Tempo (Pyramid)2 × (600m, 700m, 800m, 700m, 600m) @ 70%(1:2 / 5 min) | Long Run60 min                      |
| Loading Week 2  | Jun 29, ... | VO <sub>2</sub> 6 × 3 min(2 min rest)       | Easy Run30 min | Long Run75 min                        | Strength                  | Ext Tempo (Ladder)2 × (100m, 200m, 300m, 400m) @ 70%(1:2 / 5 min)        | Long Run60 / 90 / 120 min           |
| Loading Week 3  | Jul 6, 2... | VO <sub>2</sub> 6 × 3 min(2 min rest)       | Easy Run30 min | Long Run80 min                        | Strength                  | 200m Repeats2 × (15 × 200m) @ 70%(1:2 / 5 min)                           | Long Run60 / 90 / 120 min           |
| Recovery Week 4 | Jul 13, ... | VO <sub>2</sub> 4 × 3 min(2 min rest)       | Strength       | 60 min Easy Run                       | Strength                  | 300m Repeats5 × 300m @ 60%(1:2)                                          | Golden Oldies 10 km (SA Qualifiers) |
| Loading Week 5  | Jul 20, ... | Race Pace Intro3 × 5 min(5–10 min recovery) | Strength       | VO <sub>2</sub> 6 × 3 min(2 min rest) | Yoga / Stretching Session | No Training                                                              | BORA XC League 4                    |

# POSITIVE OUTCOMES

- Athletes maintained a high level of commitment and generally attended training sessions consistently.
- The training camp significantly improved athlete confidence, discipline, teamwork, and motivation.
- Athletes developed stronger endurance, strength, and overall fitness throughout the training phases.
- The morning run (21km, 15km, 10km & 5km) at the camp provided valuable competitive experience and increased athletes' confidence in racing.
- Athletes showed greater willingness to encourage and support one another during training, creating a positive team environment.
- Recovery sessions assisted athletes in maintaining fitness while reducing fatigue before competitions.
- No injuries were reported during the reporting period, allowing uninterrupted progress throughout the month.
- The athletes' results on League 4 reflected their hard work, and they are well prepared for the upcoming Bora Championship.

# NEGATIVE OUTCOMES

Some challenges were experienced during the month:

- Although the month was largely successful, a few challenges were experienced:
- Some athletes missed training sessions due to school holidays and personal commitments.
- Inconsistent attendance by a small number of athletes may affect their readiness for upcoming competitions.
- Some athletes continue to train without appropriate running shoes, limiting comfort and performance.
- Transport challenges affected the team's participation in the 10 km qualifying race. The assigned driver was unavailable, the replacement driver cancelled at the last minute, and payment arrangements for fuel caused further delays as he wanted to be paid immediately, creating unnecessary stress and disrupting travel plans.

# MONTHLY HIGHLIGHTS

## **Khulasande Wonderkids Camp**

Coach Thando and his athletes, together with Coach Mandy and her athletes, attended the Khulasande Wonderkids Camp held in Gqeberha (Port Elizabeth) from 2–4 July 2026 at Pine Lodge. During the camp, the athletes participated in structured training sessions at Linkside High School, where they gained valuable training experience while interacting with athletes from other Khulasande sites. As part of the camp experience, they enjoyed a visit to Summerstrand, which provided an opportunity for relaxation and team bonding.

Although many athletes experienced muscle soreness due to the gym training, as most were not accustomed to using gym equipment, they expressed that they thoroughly enjoyed the camp. They appreciated the learning experience, the opportunity to make new friends, and wished the camp could have been extended.

## **Golden Oldies 10 km - 18 July 2026 East London (Beacon Bay Country Club)**

| Athlete Name       | Category | Qualification Time | Race Time |
|--------------------|----------|--------------------|-----------|
| Axolile Mbaqa      | Junior   | 33:00              | 36:12     |
| Singalaka Klaas    | Junior   | 33:00              | 38:11     |
| Yolani Kokwe       | Junior   | 33:00              | 36:11     |
| Obonayo Nonzinyana | Junior   | 33:00              | 41:45     |

- **Axolile Mbaqa, Lulibo Dike and Yolani Kokwe qualified for the ASA National Cross Country Championships.**

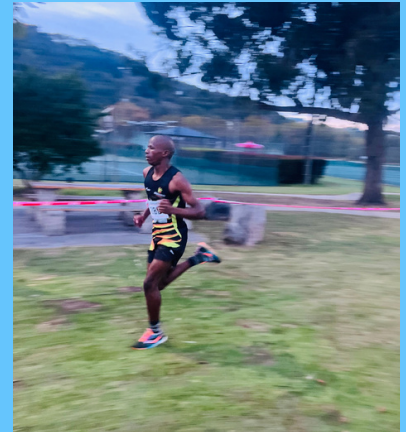
## **BORA Cross Country League 4 Race – St Joseph's School, Beacon Bay, East London (25 July 2026):**

- Our athletes participated in the event; however, the official results have not yet been released by the BORA Federation. The results will be included once they are made available.

# AREAS FOR SUPPORT

The primary need identified throughout the month remains:

Running shoes/training takkies for athletes who do not have suitable footwear for training and competition.



# CONCLUSION

The athletes' overall development improved greatly throughout this very productive month. Fitness, confidence, teamwork, and race readiness all significantly improved as a result of organized training, the training camp, recovery planning and competitive racing.

The athletes continue to show promising potential for upcoming league competitions and Provincial Championships and are responding positively to the training programme. Their development will be further enhanced and their performance objectives will be met with continued attendance consistency, ongoing support, and the provision of necessary equipment, especially running shoes.







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