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June

MONTHLY REPORT

Chaba

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION

Coaches Mandisa Nqayi and Thando Loliwe from Chaba Soto & Donqaba Hub continued coaching athletes in race walking, cross country, and track and field throughout the month. Through organized training sessions, the programme aimed to improve athletes' general fitness, strength, endurance, speed endurance, and race readiness.

The primary goals of the athletes' continuing advancement through the Threshold Development phases were to increase training capacity, prepare athletes for upcoming events, and establish a solid basis for better performance.



KEY FOCUS AREAS

The main areas of focus throughout the month included:

- Endurance development
- Strength and conditioning
- Hill training
- Speed development
- Improving aerobic capacity
- Building athletes' ability to sustain effort during demanding sessions



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

The athletes showed commitment and improvement throughout the month, with excellent participation recorded during several training periods.

Athletes demonstrated progress in:

- Improved endurance and strength
- Better ability to complete structured sessions
- Increased commitment towards the training programme
- Positive development in overall fitness levels

Mbalentle Adam showed improvement in training performance and consistency, while Obonayo and Amahle continued to show progress and became stronger through regular participation.

The athletes also remained committed despite challenging weather conditions and illness affecting some participants.

NEGATIVE OUTCOMES

Some challenges were experienced during the month:

- Flu symptoms affected several athletes, making it difficult for them to perform at their full capacity.
- Some athletes struggled with consistency and focus, which affected the effectiveness of training sessions.
- Singalaka showed signs of overtraining, with additional soccer participation after long runs affecting recovery and performance.
- Ndikhokhele and Singalaka need to improve focus, commitment, and recovery management to ensure continued progress.

MONTHLY HIGHLIGHTS

Coach Mandisa Nqayi completed the Athletics South Africa (ASA) Coaching Level 1 Certificate, and Coach Thando Loliwe completed the Athletics South Africa (ASA) Coaching Level 2 Certificate.

These coaching development programmes aim to enhance their technical knowledge, coaching skills, and ability to support athlete development.



AREAS FOR SUPPORT

To support athlete development and improve training conditions, the following equipment is needed:

- Training shoes for athletes, especially Singalaka and Obonayo
- Warm training clothing for colder training conditions
- Water bottles to ensure athletes remain properly hydrated during sessions



CONCLUSION

The athletes' growth in Race Walking, Cross Country, and Track and Field improved during the month. Athletes' strength, endurance, and general performance have all improved as a result of the continuous focus on threshold development.

The athletes continue to demonstrate dedication and a desire to get better despite obstacles including illness, recovery management, and consistency. It is anticipated that the athletes will continue to advance toward their performance objectives with ongoing assistance, appropriate gear, and regular training.





Email

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



Phone

+27 67 495 3162
+27 3 333 2728



Address

20 Wychwood Ave, Mill
Park, Gqeberha, 6001