



20  
26

June

# MONTHLY REPORT



# Waainek

**KHULASANDE SPORTS  
DEVELOPMENT**

# INTRODUCTION



Cross-country training and the ongoing improvement of athletes' strength, endurance, fitness, and general performance were the main subjects of discussion this month. With sessions aimed at improving running strength, aerobic capacity, race readiness, and athlete confidence, the training programme was organized around the Threshold Development phase.

Unfavorable weather and exam obligations had an impact on training, which led to several sessions being canceled or having lower participation. Athletes continued to demonstrate dedication and advancement during finished sessions in spite of these obstacles.

## FOCUS

The main training focus areas for the month included:

- Continuous tempo running
- Strength development
- Hill training
- Long runs
- 300m repeat sessions
- Endurance and threshold development



# TRAINING PROGRAMME

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

# COMPETITION HIGHLIGHT

## **Sibaleka Nani Forest Run – 20 June 2026**

In the 5 km event, the results for Emihle Baartman and Luphawu Maqoko were not collected, as only the top three results were recorded.

In the 15 km event, the athletes achieved the following results:

- Lathitha Ntsunguzi completed the race in a time of 01:10:53, finishing in 79th position.
- Emihle Cunge completed the race in a time of 01:15:06, finishing in 101st position.
- Ayavuya Ngxwashula completed the race in a time of 01:21:34, finishing in 188th position.
- Ibanathi Tsewu completed the race in a time of 01:39:06, finishing in 462nd position.
- Isiphile Gojela completed the race in a time of 01:39:11, finishing in 467th position.

The athletes demonstrated commitment by participating in the event and gaining valuable race experience as part of their continued development.

## **NMB Half Marathon Incorporating ASA 21km, 5km & 1 Mile Championships – 27 June 2026**

The NMB Marathon was held on 27 June 2026, where athletes participated in the race events as part of their ongoing competition and development programme.

In the event, Emihle Cunge participated in the Male Junior category, completing the race in a time of 00:18:03 and finishing in 97th position.

# POSITIVE OUTCOMES

Athletes demonstrated improvement in both physical and mental development throughout the month. Training consistency contributed to improved endurance, strength, confidence, and overall performance.

A major achievement was the selection of Emihle Cunge to participate in the SA Half Marathon 5km and Mile Events, highlighting the progress and potential of the athletes. Athletes who attended training sessions showed:

- Good time management and commitment to training
- Enthusiasm and dedication towards improving performance
- Willingness to challenge themselves and work towards their goals
- Improved self-esteem and belief in their abilities

The group maintained a positive attitude and continued working towards development despite training disruptions.



# NEGATIVE OUTCOMES

The main challenges experienced during the month included:

- Training disruptions caused by unfavourable weather conditions, resulting in cancelled sessions.
- Reduced attendance due to examination schedules.
- Some athletes failed to attend training sessions without communicating their absence beforehand, affecting consistency and accountability.

## COACH'S INTERVENTION

To address attendance and communication challenges, the coach conducted home visits to follow up with athletes who missed training without providing feedback.

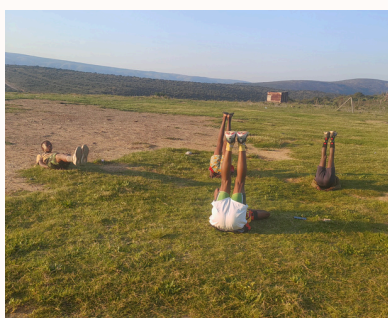
The intervention highlighted the importance of:

- Athlete responsibility
- Communication with coaches
- Commitment to training programmes

Continued focus will be placed on improving accountability and consistent participation.



## AREAS FOR SUPPORT



To further support athlete development and improve training conditions, the programme requires:

- Training shoes
- Jackets / Windbreakers
- Beanies
- Smart watches

# CONCLUSION

The month showed positive progress among athletes, with noticeable improvements in endurance, strength, confidence, and overall training attitude. Although weather conditions and examinations affected participation, athletes continued to demonstrate commitment and a willingness to improve.

Moving forward, emphasis will remain on maintaining consistency, improving attendance, strengthening communication, and ensuring athletes continue developing towards upcoming competitions.



## Entries for Sibaleka Nani Forest Run – 20 June 2026

| KSD Waainek Athletes |            | Team Manager  |       |     | Viwe Teko          |     |                    |         |
|----------------------|------------|---------------|-------|-----|--------------------|-----|--------------------|---------|
|                      |            | Cell Number   |       |     | 067 039 2639       |     |                    |         |
|                      |            | School/Club   |       |     | Khulasande Waainek |     |                    |         |
| Name                 | Surname    | Year of Birth | Month | Day | Lic Nr             | Age | Gender Male/female | Age Cat |
| Emihle               | Baartman   | 2012          | 4     | 9   |                    | 14  | Female             | G14     |
| Emihle               | Cunge      | 2006          | 9     | 8   | 162                | 19  | Male               | 23M     |
| Isiphile             | Gojela     | 2010          | 2     | 25  |                    | 16  | Male               | B16     |
| Luphawu              | Maqoko     | 2013          | 11    | 11  |                    | 12  | Male               | B13     |
| Ayavuya              | Ngxwashula | 2010          | 3     | 23  |                    | 16  | Male               | B16     |
| Lathitha             | Ntsunguzi  | 2008          | 3     | 22  |                    | 18  | Male               | JM      |
| Ibanathi             | Tsewu      | 2009          | 9     | 28  |                    | 16  | Male               | B17     |





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