



MAP YOUR CYCLE TO MAXIMISE RESULTS AND MINIMISE INJURY

YOUR MENSTRUAL CYCLE & TRAINING

Hormones & Performance
 Estrogen – Anabolic
 Progesterone – Catabolic
 Testosterone – Anabolic

PHASE	DAYS	EFFECTS	TRAINING
Follicular	3-14	Increased Pain tolerance Increased Endurance Decreased DOMS Decreased recovery time	Train & Get Gains (more volume for same stress) Mentally Sharp Muscle building & Strength gain phase Increase gym sessions
Ovulation	12 – 17	Estrogen & Testosterone Peak Progesterone on the rise Increased body temp Relaxin hormone increase	Highest force generation (PB's) Increased risk of injury (ACL 4 – 8 x higher risk) Reach fatigue faster Store more fat, so eat well
Luteal	15 - 28	Increased cardiovascular strain Utilise more fat Decrease muscle glycogen use	Moderate workloads Mentally foggier

