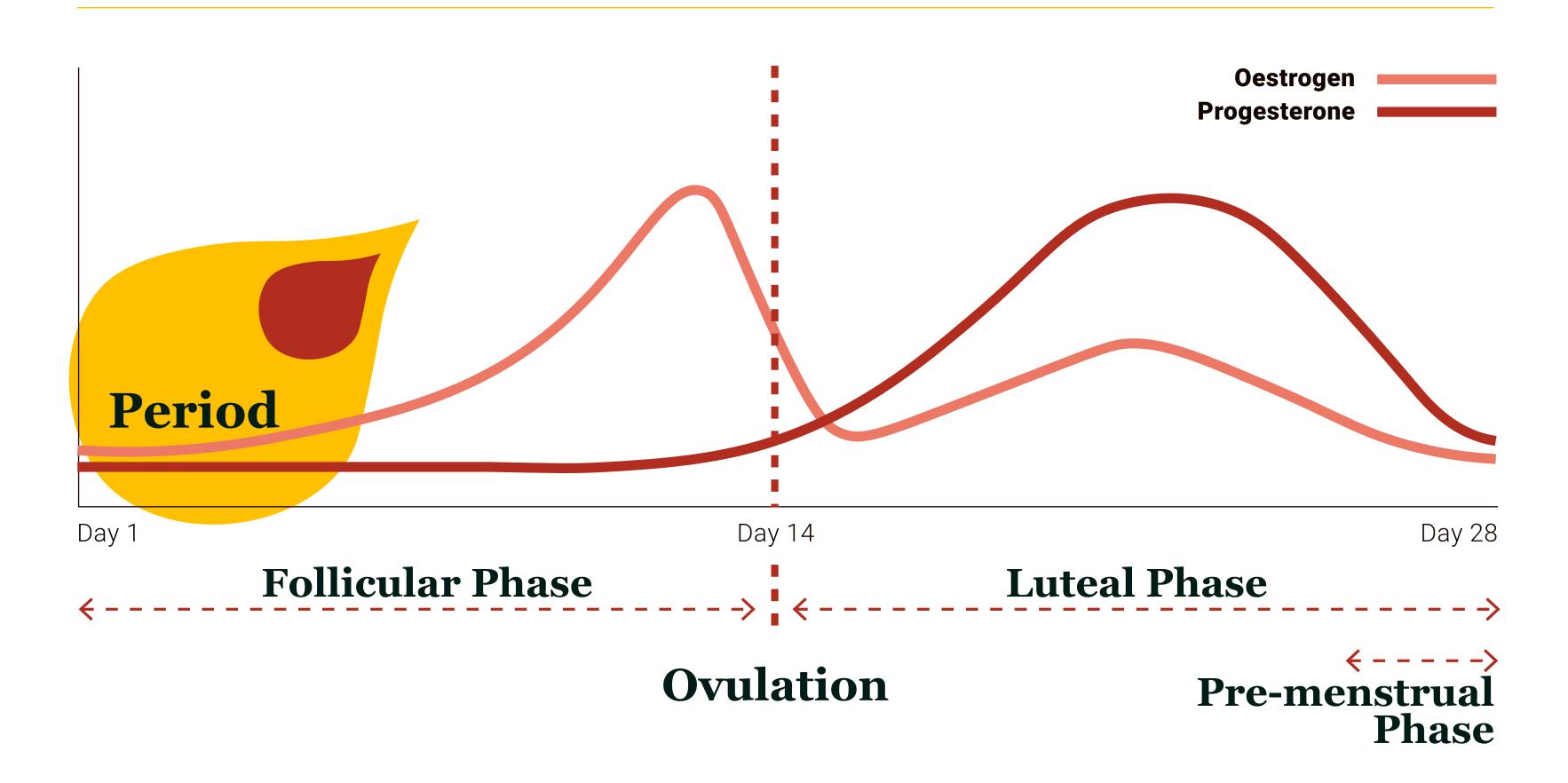
# Know your menstrual cycle

**P2** 



## Late follicular phase

#### **Oestrogen is awesome**

- Increased confidence
- More energy
- Sharper motivation to train
- Quicker/ more efficient recovery
- Improved muscle adaptation
- Extra capacity for high intensity exercise
- Better visual/ spatial awareness
- Resistant to illness
- More willingness to take on feedback

## The mid-luteal phase

### **Hormones in flight**

- Gastro symptoms
- Altered appetite and food cravings
- Digestion slows
- Water retention
- Calmness
- Reduced anxiety
- Less pain
- Impaired coordination / clumsiness
- Less appetite for risk
- Increased body temperature during exercise
- Harder to build muscle

## Pre-menstrual phase

#### (often) the crap bit

- Pre-menstrual symptoms (e.g headaches, fatigue, reduced motivation to train)
- Severe pre-menstrual symptoms (when stressed, underslept etc)
- Breast swelling / pain
- More susceptible to illness
- Emotionally fragile

#### PMS solutions include:

- Low intensity (aerobic) exercise, yoga
- Magnesium, zinc, calcium, Vitamin D
- Avoid dietary triggers

