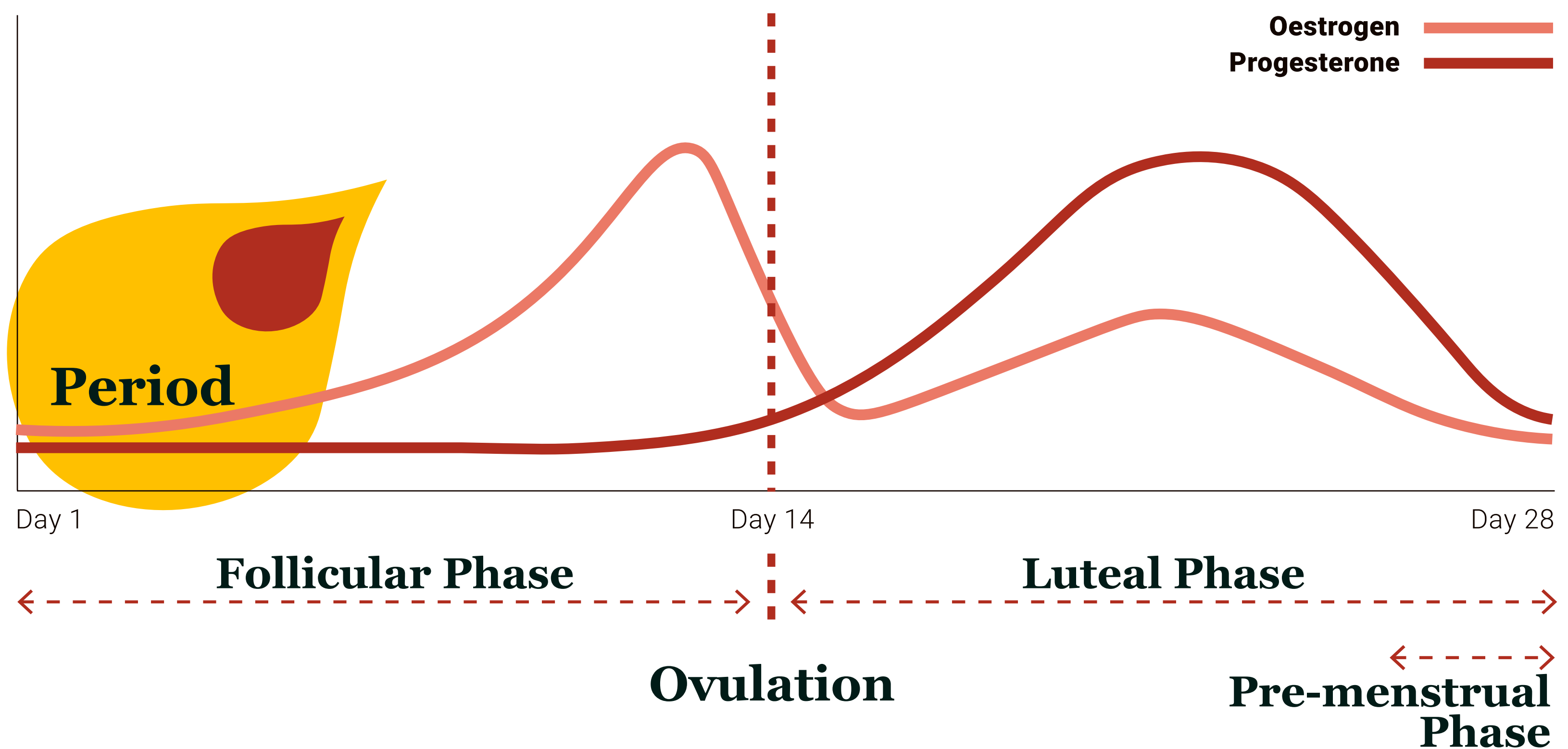


Know your menstrual cycle

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