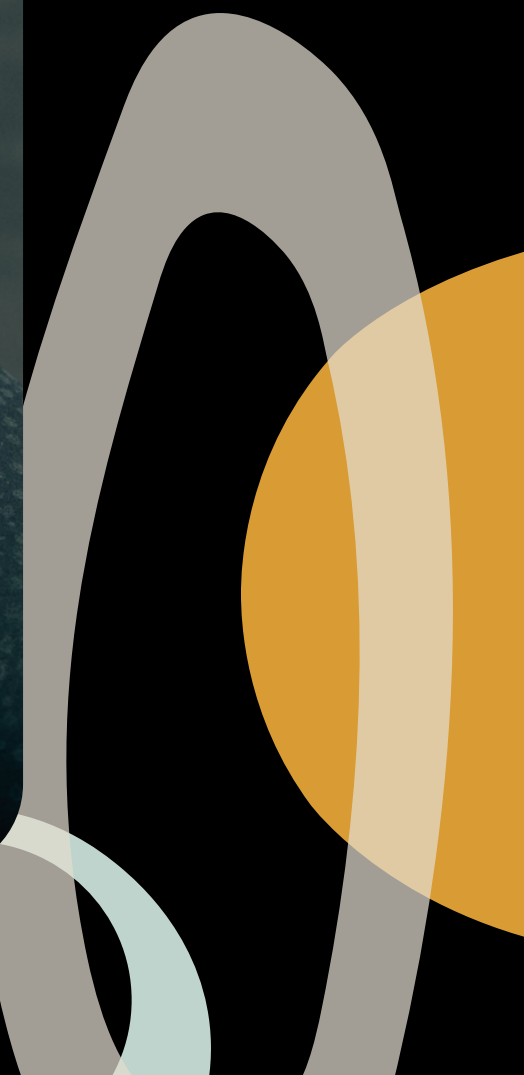



HOW TO TRAIN AROUND YOUR CYCLE

Michael Hayward


Coach, PT



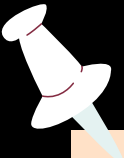
DEALING WITH PERIODS IS LITERALLY A RIGHT PAIN



You've also probably heard the theory that as a woman, your menstrual cycle can affect your performance when it comes to working out. There's this new thing called 'Cycle-syncing' where you plan your workouts around the different stages of your period. Doing this might help decrease the pain and increase optimal fitness results.



Although there is nothing conclusive, there is more and more information coming to light but I know it's really tough to know what is true or not.



The only thing that will help YOU right now is simple - and that is to understand your own cycle to empower yourself and smash your training.






THERE ARE FOUR
PHASES TO YOUR
CYCLE

TAKE IT EASY

MENSTRUATION - DAY 1 - 3/5



During menstruation, we are less social, less energetic, and our body goes into more of a 'self-care' mode.

Listen to your body because everyone is different - if you feel like you might struggle during the first couple of days of your period, then do something light like yoga, stretching or walking.



GO FOR IT! POWER UP - DAYS 3 - 12

In the first 10 days of your cycle, oestrogen is starting to build and you will start to feel your energy levels and strength increasing... This is your POWER UP phase. Use it to your potential as oestrogen is on your side.



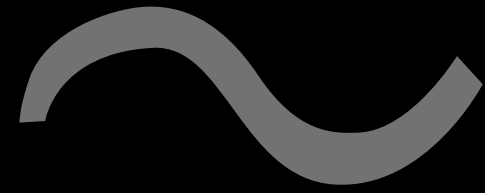
YOU DO YOU! OVULATION- ITS PEAK TIME

You'll probably be feeling on top of the world during your ovulatory phase: your oestrogen is peaking as well as your testosterone. Because your body is trying to get you pregnant, you may feel more confident, sexual, and definitely more energetic.

Its day 12 - 16 and this might be the perfect time to hit some personal records. Some women experience pain or discomfort during ovulation, so if that's you, stick with gentle, low impact exercise at this phase, as abdominal straining or twisting may also make ovulation pain worse. Listen to your body.



TAKE YOUR TIME. DAY 16 - DAY 1 (AGAIN)



Progesterone can cause sleepiness, as it has a relaxing effect, and it can also cause ligaments to be more lax. In the late luteal phase, the rapid drop in progesterone hormone levels can give rise to fatigue, irritability, and mood swings - sound familiar? Make sure you are stretching carefully in this stage.

Boobs sore? Avoid high impact and maybe try swimming and pilates. Try taking your time in the gym if you can and extend your rest times in between sets, this is a great time to focus on weight lifting and strength training.



GET ORGANIZED

You should think about properly tracking your period. There are loads of Apps that can help you do this, and if you have an Apple Watch, you can use Cycle Tracking. But if you don't want to deal with the tech, you could just do something as straightforward as marking on a calendar or make notes on your phone!



CLUE

Track your period & learn how your body works

App of the day

EVE BY GLOW

Track Your Period

M T W T F S S
12 13 14 15 16 17 18

MyfLO

Don't just track your symptoms. Fix them.

Monday, October 1

YOUR BODY SPEAKS



Root Cause: Each craving corresponds to deficiencies of specific micronutrients. Chocolate cravings mean you need more calcium and magnesium. Carb cravings mean you need more B vitamins. Craving fatty foods means you're low on essential fatty acids. The luteal and menstrual phases require the bulk of the nutrients you take in, so you'll notice if your diet is working for you or not based on how you're feeling during these two weeks.

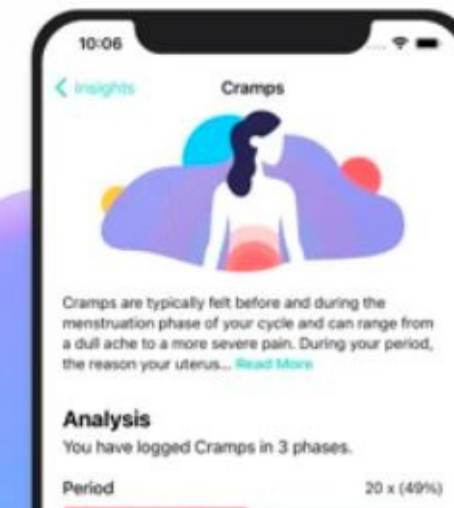
PERIOD TRACKER PERIOD CALENDAR

Accurate Calendar



CYCLES

Learn how your cycle affects your day



EVERY BODY IS DIFFERENT.

What's important to remember is that everybody is different. As your trainer, the best advice I can give you is to ensure you notice how you feel every week. We can make notes on when you perform best, when you're perhaps feeling more lethargic and rather adjust your plan accordingly.

If you do spot that you don't feel like you have as much energy during certain weeks, instead of being too hard on yourself or you start to think the plan isn't working, we can work through that. What's important is that you keep going and consistently work out as much as feels comfortable for you.

While you are tracking your periods, if you notice anything unusual at all, please look after yourself and consult a doctor.

And if you want any advice or the support of a trainer to help you reach your fitness goals, just book a call in and we can chat.

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& NUTRITION COACHING



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BOOK A CALL

