



TRAINING

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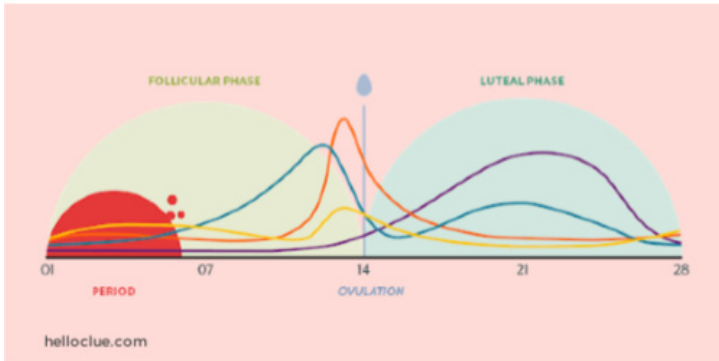
NUTRITION

for your

**MENSTRUAL
CYCLE**

A GUIDE BY MISSFITANDNERDY

about the MENSTRUAL CYCLE



BACKGROUND

The menstrual cycle is the monthly hormonal cycle a female's body goes through to prepare for pregnancy. And it's more than just your period. It is the full 28-32 day cycle in which the brain, ovaries, and uterus work together and communicate through hormones to keep the cycle going.

- 3-7 days
- When bleeding occurs
- Estrogen & Progesterone are at baseline low.

Phase 1:

MENSTRUAL PHASE



Phase 2:

FOLLICULAR PHASE



- 7-10 days
- Estrogen starts to rise rapidly.
- Progesterone rises very slowly.
- Testosterone starts to rise slowly.

- 3-4 days
- The egg is released.
- Estrogen & Testosterone hit a peak, then drop off.
- Progesterone is still low but starting to rise more rapidly.

Phase 3:

OVULATORY PHASE



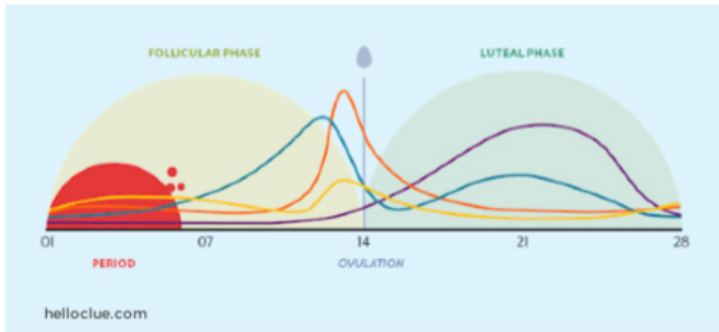
- 10-14 Days
- Estrogen rises again but not as high then declines in second half of phase.
- Progesterone rises to peak at mid-luteal phase then decreases again in second half of phase.

Phase 4:

LUTEAL PHASE



training with your MENSTRUAL CYCLE



BACKGROUND

Research shows that there are tangible differences between endurance, ability to gain muscle, lose fat, and build strength, between the phases. So if you can learn to train with your cycle, you can optimize results.

Restorative exercise

- Mobility work
- Yin yoga
- Light yoga
- Tai chi
- Walks

First 1-3 days or until you feel stronger. This does not need to last the duration of your period.

Phase 1:

MENSTRUAL PHASE

Phase 2:

FOLLICULAR PHASE

Increase Intensity

- High volume or high weight resistance training (1-12 rep range)
- Endurance cardio
- HIIT

make those gains!

Peak Performance

- Reach for PRs
- High volume or heavy weight resistance training
- Endurance cardio
- HIIT

Phase 3:

OVULATORY PHASE

Phase 4: first half
LUTEAL PHASE

Maintain

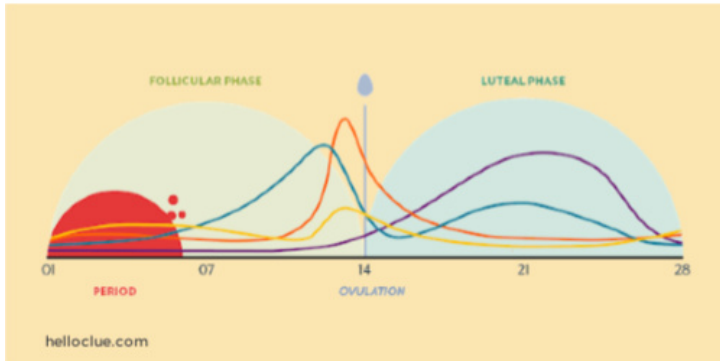
- Resistance training to maintain
- Pilates
- Limit cardio, no HIIT

Recover

- Lower weight, light intensity resistance training
- Mobility work
- Yoga
- NO cardio or HIIT

second half *Phase 4:*
LUTEAL PHASE

e a t i n g f o r y o u r MENSTRUAL CYCLE



BACKGROUND

Between the follicular and luteal phases, there is a 8-16% increase in BMR which translates to burning anywhere from about 90 to 250 more calories per day in the luteal phase. Due to hormonal changes, it is easier to lose fat during the follicular phase.

For fat loss, eat in a deficit

- Best time for fat loss & muscle gain
- Optimal time to eat in a deficit

For muscle building, eat in a surplus

- This is the best time to build muscle

To fuel workouts:

- Best time to increase carb intake

First Half:

FOLLICULAR PHASE



Second Half:

LEUTAL PHASE

For fat loss, eat at maintenance

- Fat loss is much more difficult
- Either eat at maintenance for the whole luteal phase or extend your deficit through the first half of the phase then eat at maintenance in the second half

For muscle building, be more conservative with your surplus

- It is harder to build muscle during this time

To balance hormones:

- Decrease carb intake to balance blood sugar