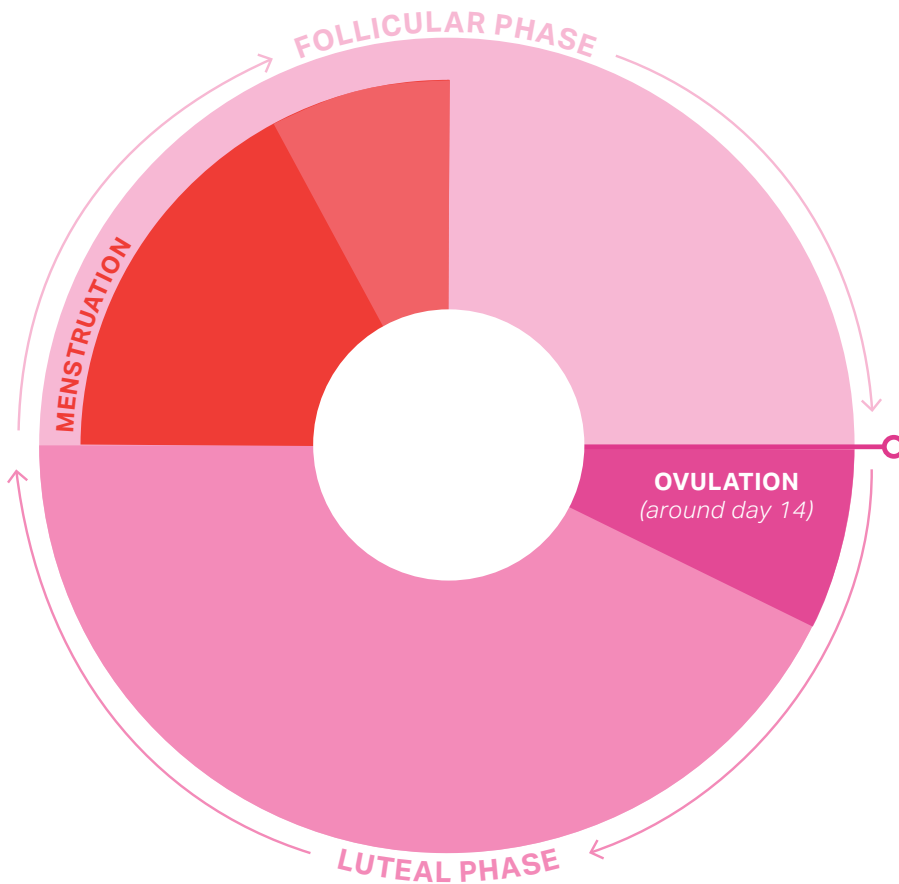


# Periods & Performance

Menstruation can affect training, performance, and even confidence on the field, but the menstrual cycle also offers plenty of opportunities for strength, power, and nourishment. Let's take a look:



## Menstruation

### TRAINING TIP:

Be flexible with training intensity. Take time for rest and consider modifications to workouts.

## Follicular Phase

### TRAINING TIP:

This is a great time to schedule more intense workouts, strength training, and competitions. You're likely to feel more motivated and capable of pushing yourself.

## Ovulation

### TRAINING TIP:

Use this time for peak performance activities, such as personal bests or heavy lifting. Confidence is usually high, and you may feel more assertive.

## Luteal Phase

### TRAINING TIP:

Focus on steady, moderate training. This is a good time for flexibility, mindfulness exercises, and ensuring you are staying hydrated and well-nourished.



## How periods can affect performance

Hormonal fluctuations throughout the menstrual cycle can cause notable variations in your energy levels, resulting in days of vigor followed by periods of fatigue. Many athletes encounter cramps, back pain, or headaches during their cycle, which can make intense training challenging. Mood swings and anxiety may also disrupt mental focus during practices or competitions. Furthermore, these hormonal shifts can affect hydration and muscle recovery, highlighting the need for additional care during this time.