



Q&B

WOMENS ACADEMY

TRAINING | NUTRITION | COACHING

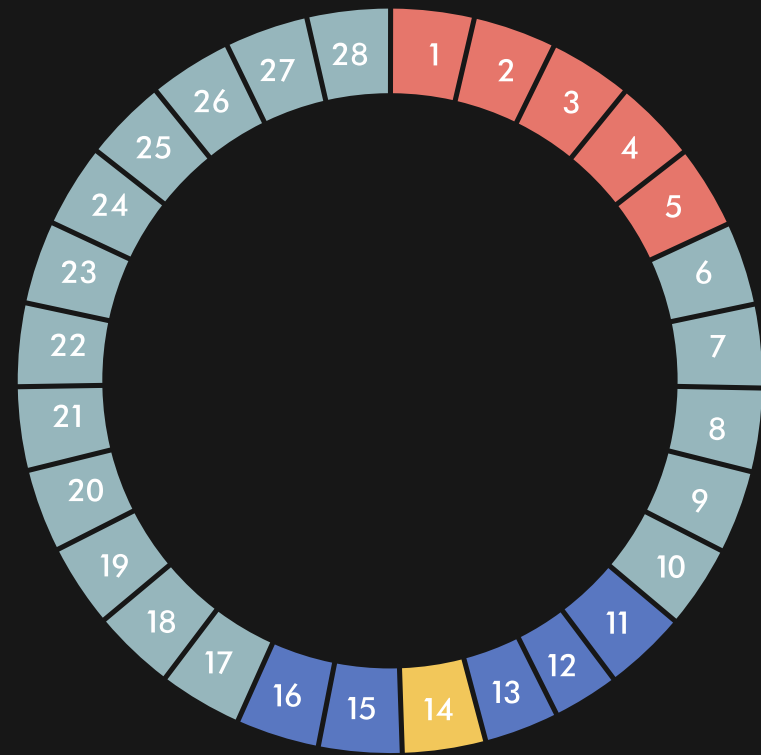
TRAINING AND NUTRITION AROUND
→ THE MENSTRUAL CYCLE ←

EXCLUSIVE ACCESS GUIDE



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MENSTRUAL CYCLE EXPLAINED

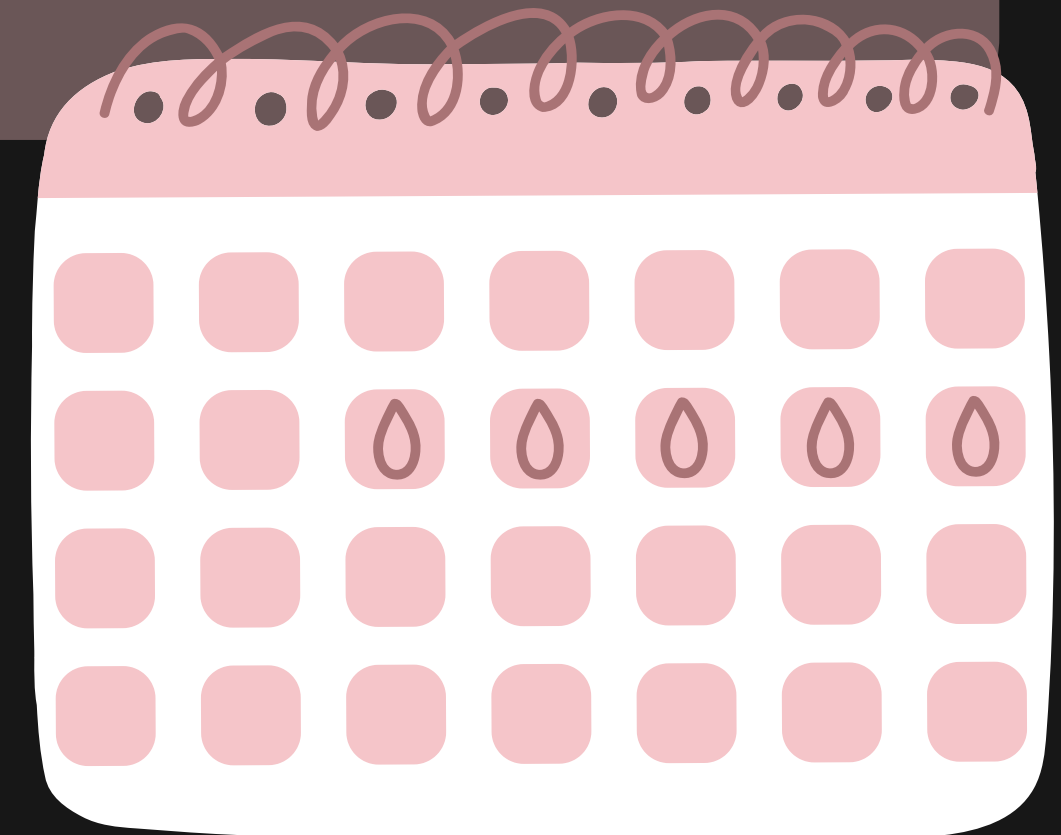


What is covered in this E-BOOK?

- Each phase of your menstrual cycle explained!
- What Physiological Adaptations may occur
- How these can effect training and nutrition
- How we can still achieve our goals

It is true that our menstrual cycle can effect us women through all aspects of life! Down to physiological effects and emotional effects, these can be hard to manage. Especially when you experience them and not realise that is actually linked to your cycle!

However... We can still progress throughout the cycle!



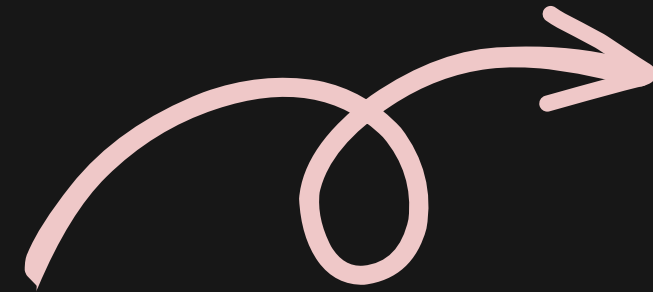


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MENSTRUAL CYCLE EXPLAINED

PHASES OF MENSTRUATION

FOLLICULAR PHASE



DAYS 1-13 OF THE CYCLE

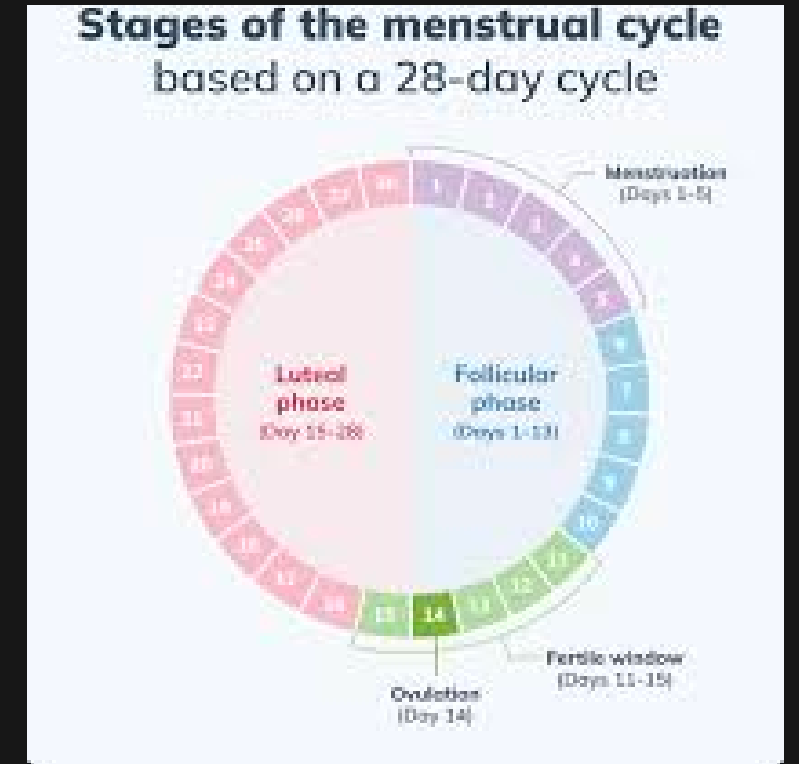
LUTEAL PHASE



DAYS 15-28 OF THE CYCLE

There are 2 main female sex hormones that play a huge role in the menstruation cycle:

- Progesterone
- Estrogen



This can further be broken down into:

- Menstruation
- Follicular
- Ovulation
- Luteal



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MENSTRUAL CYCLE EXPLAINED

MENSTRUATION PHASE | DAYS 1-6

WHAT HAPPENS DURING MENSTRUATION:

Hormones cause the lining in the uterus to thicken. so that if a pregnancy would occur, an egg can implant into your uterine lining.

If this doesn't occur, the lining of the uterus is shed (endometrium). When you get your period Progesterone and oestrogen levels are dipped and are significantly lower. However oestrogen creeps up as we move through our follicular phase.

YOU MAY EXPERIENCE:

- Cramps Pain in lower abdomen
- Lower back
- Fatigue
- Headaches
- Mood Swings
- Bloating

However as we move through our cycle we should start to see an improvement in symptoms



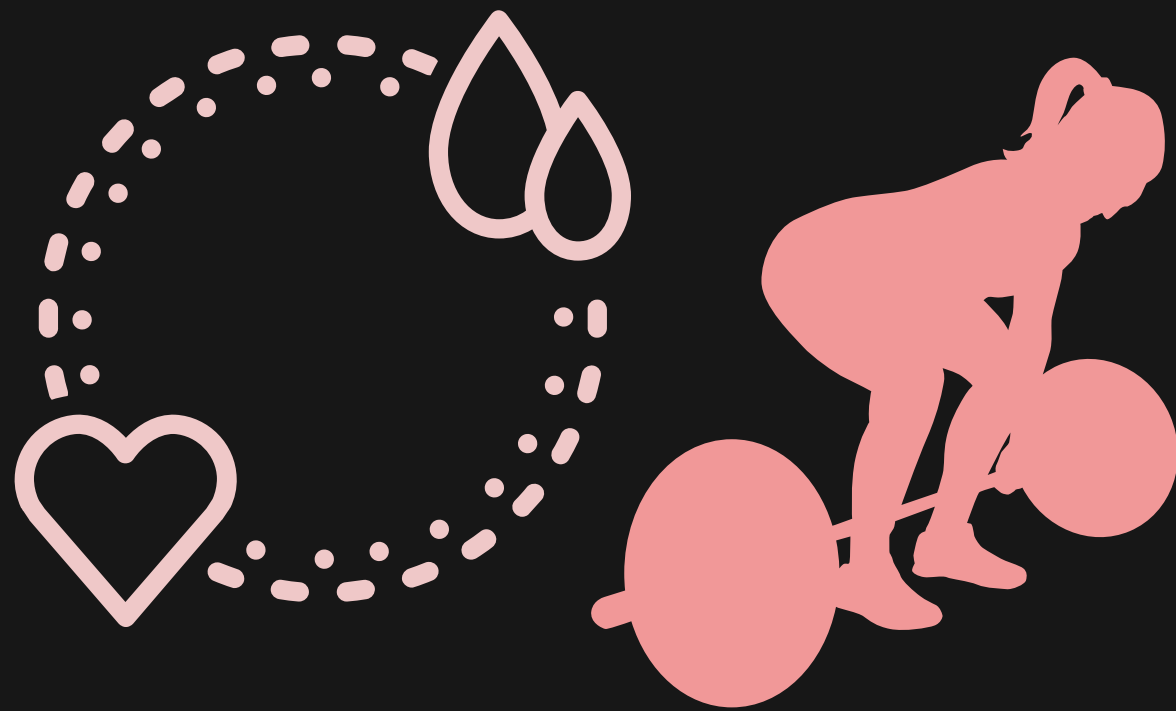


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MENSTRUAL CYCLE EXPLAINED

TRAINING DURING MENSTRUATION

There is no scientific proof, that you cannot train on your period



While it is completely okay to train whilst menstruating, it can sometimes be a good idea to put in place possible modifications and regressions of certain exercises to ensure you can continue having a good session whilst working through the time of menstruation.

During menstruation you may feel a lot more sluggish and tired, due to the decrease of oestrogen during this phase.

Some things you can do to be kind to yourself during this phase whilst simultaneously still smashing sessions are:

- Dropping your top sets and replacing them with higher rep sets can be beneficial as you can sometimes see a decrease in strength during this time.
- Allowing for more rest between sets
- Ensure you are fuelled before and after sessions, ensuring to eat a pre-workout snack and post-workout meal to maximise recovery and upkeep energy levels! (tip: If you are craving sweet treats around the menstruation window, you can implement these into your pre/post workout foods!)



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MENSTRUAL CYCLE EXPLAINED

TRAINING DURING MENSTRUATION

There is no scientific proof, that you cannot train on your period



While it is important to go easy on yourself during this time, it is also important to note that you should still train with intensity during this phase to the best of your ability.

Whilst you may not see many PB's during this time, due to a strength decrease because of decreased oestrogen, it does not mean that intensity has to be dropped.

You should still look to train with intensity, with standardised form, execution and tempo till failure!

Practising being kind to yourself in those moments when you maybe aren't hitting your normal numbers, but having confidence in the intensity that you bring and that you gave your session your all!

MENSTRUAL CYCLE EXPLAINED

NUTRITION DURING MENSTRUATION

Whilst menstruating, there are a few adaptations you can make around your diet to ensure you are caring for yourself in the best way during this phase!

- Adding a few extra calories to your daily allowance, you burn slightly more calories when your hormones are higher (known as the post-ovulation luteal phase). Caused by your heart rate, respiratory rate, and core temperature increase.
- Ensuring that hydration levels are upkept, as during menstruation you may see increased water retention.



Iron level dips:

- Our bodies can also see a decrease in iron levels due to bleeding. So it can be a good idea to ensure that iron rich foods are being kept high in the diet during this time! If you experience heavy cycles, this will be very beneficial.

FOR EXAMPLE:

- Vegetables like spinach/broccoli
- Red meat
- Foods with anti-inflammatory properties

MENSTRUAL CYCLE EXPLAINED

NUTRITION DURING MENSTRUATION

You may find yourself craving carbohydrate and sugary foods during your menstruation phase, this is due to the decrease in progesterone and estrogen. Cortisol also plays a role in your affinity for sweet treats.

Having highly processed foods at this time, will not help how you feel or your symptoms. This can also add to the water retention you may already face during this phase of the menstrual cycle!



tip:

If you find yourself craving carbohydrate rich foods or sweet treats during this time, you can implement them in your pre workouts and post workouts as this is when simple carbs are most effective to fuel and recover from workouts!

Satisfying the craving, whilst simultaneously putting these foods to good use!

MENSTRUAL CYCLE EXPLAINED

FOLLICULAR PHASE

What Happens...

Pituitary gland releases a hormone to stimulate the production of follicles. Follicles become an egg. During this phase your uterus lining starts to thicken and prepares for pregnancy

You can expect to see a rise in Oestrogen levels, feeling more yourself with a boost in energy during this time!

You will see a decrease in any menstrual symptoms that you may have previously experienced, feeling back to your usual self and better!





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MENSTRUAL CYCLE EXPLAINED

FOLLICULAR PHASE



Entering the follicular phase will mean you can get back to our normal routine in terms of training and nutrition!

Gaining your usual strength levels back, the perfect time to aim for those PB's!

Our testosterone levels and pain threshold is seen to be higher during this time. So we want to be looking to really push intensity and strength training up during this phase.

We also see an increase in glycogen stores which plays a big role in up keeping and sustaining our energy levels!

MENSTRUAL CYCLE EXPLAINED

OVULATION PHASE

What Happens...

Oestrogen rises and peaks when we ovulate. 14 days after the menstruation period.

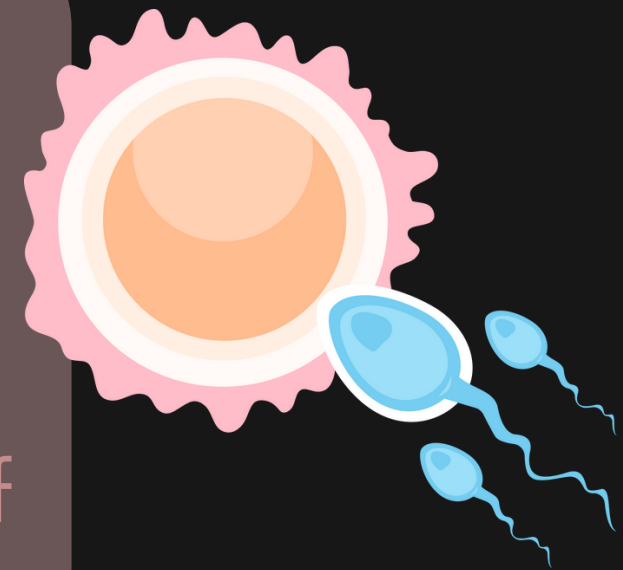
During ovulation, you release hormones that make you feel more sexy and can see a higher sex drive during this phase (Due to our natural instinct to want to reproduce. Peak in libido)

This is when the body is most fertile to be impregnated.

Once ovulation occurs, progesterone starts to kick in

What you might experience...

- Increase in libido
- Feel good factor
- Body Temperature increase
- However if too much Oestrogen, you can experience sore breasts and feelings of bloat.





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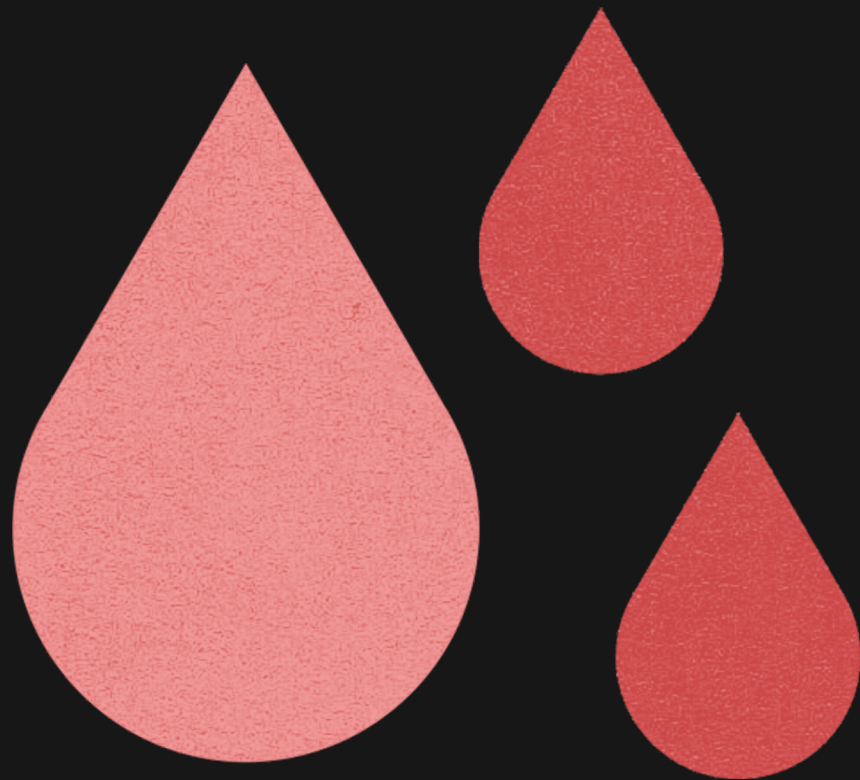
TRAINING AROUND THE OVULATION WINDOW

What Happens...

During the ovulation phase, you will find that you have maximal strength and you will feel good pushing up intensity during your sessions! A very good time to shoot for PB's within the gym!

Our bodies are seen to have an easier access to carbohydrate stores, playing a role in up keeping your energy levels and keeping them in a good place.

However just after ovulating, progesterone kicks in actually reducing the capacity to build muscle. This will continue through into the luteal phase of our cycles!





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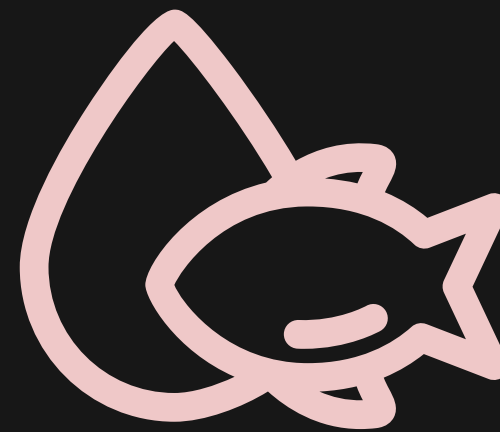
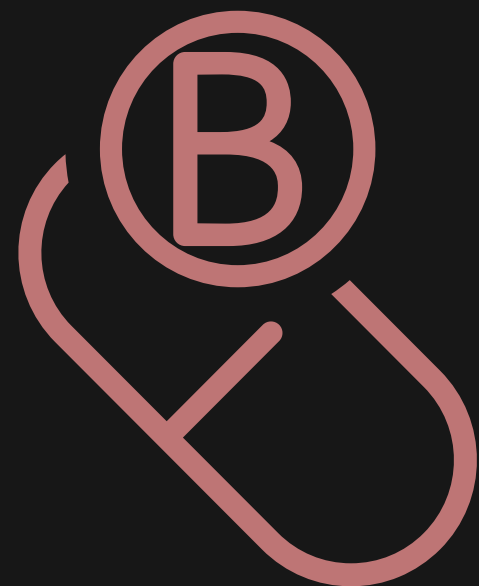
MENSTRUAL CYCLE EXPLAINED

TRAINING AROUND THE OVULATION WINDOW

You should look to include:

- Zinc- lean meats, shellfish, beans, nuts
- Vitamin B6, B12, Folic acid
- Omega 3 fatty acids

This trio of vitamins can help lower homocysteine (an amino acid) levels in the blood, which is optimal for regular ovulation.



OMEGA 3



MENSTRUAL CYCLE EXPLAINED

TRAINING AROUND THE LUTEAL PHASE

What happens during the dreaded luteal phase?!

Progesterone fully kicks in. Towards the end of your luteal phase hormones are at its highest. The luteal phase is not a particularly fun part of our cycles, and can result in symptoms causing us to not feel at our best :(

You may experience:

- PMS symptoms

- Feelings of anxiety

- Sore breasts

- Bloating

- Some women will also experience PMDD

- Higher body temp

- Sleep disruption





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MENSTRUAL CYCLE EXPLAINED

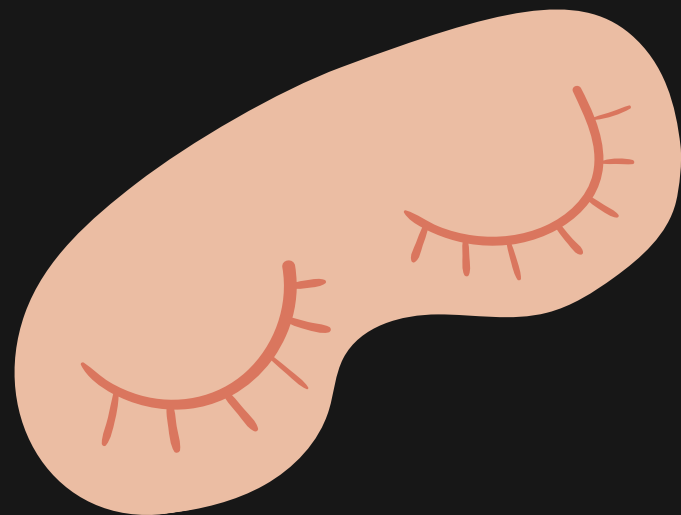
TRAINING AROUND THE LUTEAL PHASE

The protocol for training around the luteal phase, is similar to that of the menstruation phase.

It may be a good idea to look at replacing your top sets with higher rep working sets. As we tend to see a decrease in strength during this time!

While you can still train with high intensity, it is also important to prioritise rest and recovery. Making sure you are fuelling your body and letting it recover in the best way that you can!

Shift your focus from trying to hit PB's and shift it to having confidence in the intensity that you are bringing to your sets. Focusing on feeling the movement, and executing them well with good form/tempo. Acknowledging that you may not hit your normal numbers, but having confidence in the intensity that you are bringing to the weight you are able to lift!



You may see that you fatigue quicker which is why rest and recovery is especially important, in and out of the gym. Allowing for longer rest times if needed, chilling out outside of the gym and ensuring you are fuelling yourself in the best way that you can!

Insulin sensitivity is lower during this phase so it is important to remain active and to focus on minimising glucose stimulating foods.



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NUTRITION AROUND THE LUTEAL PHASE

It has been found that we burn more calories at rest during the luteal phase of our cycles, so it is important to ensure that you are getting regular meals, ensuring your meals are rich in protein and complex carbs.



AVOID:

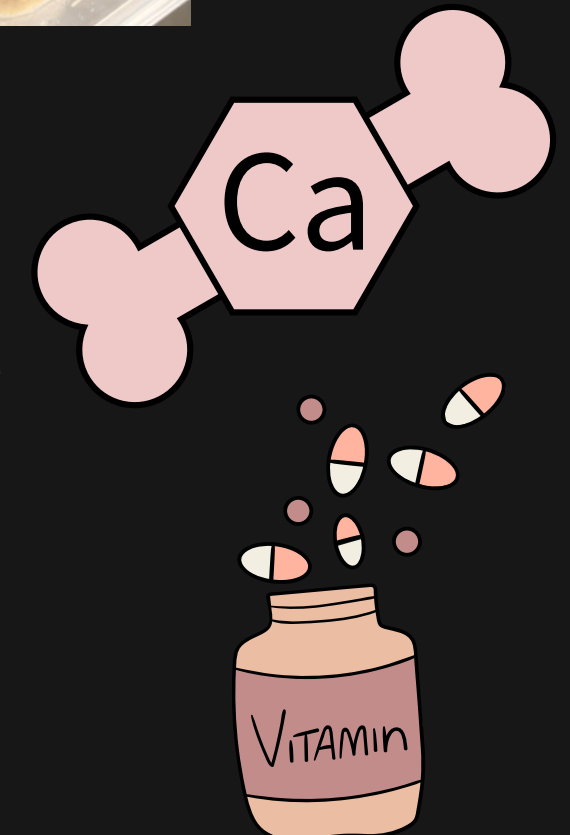
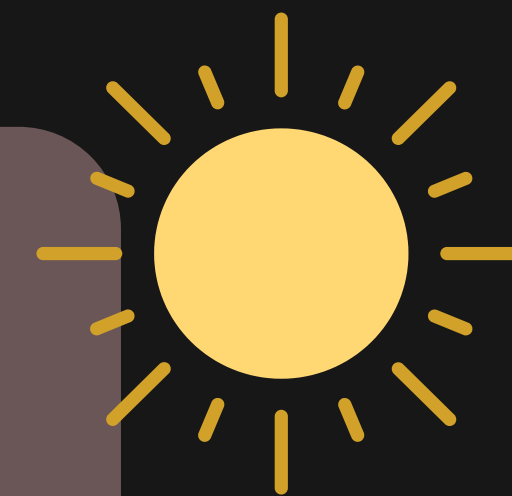
Stimulants such as coffee

Alcohol

High salt content foods

RECOMENDED SUPPLEMENTS:

- Magnesium - To help with cramps and pain
- Calcium and Vitamin D - Shown to lower levels of PMS
- Ashwaghandha

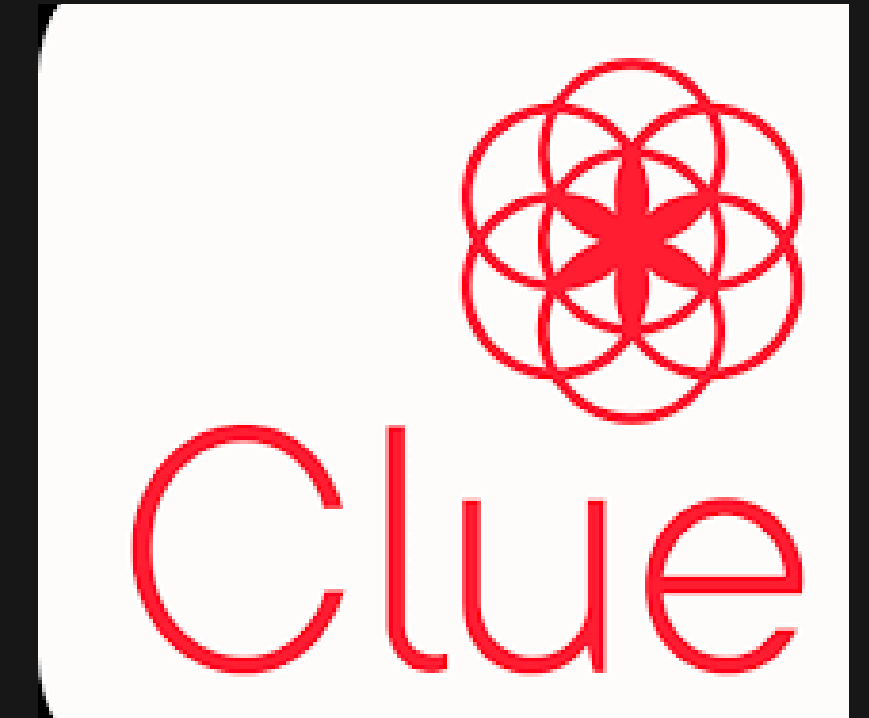
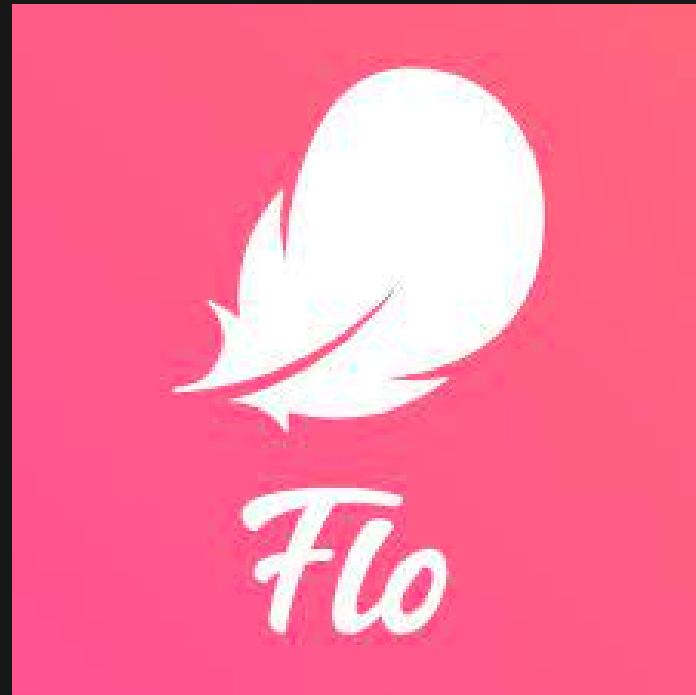




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MENSTRUAL CYCLE EXPLAINED

PERIOD TRACKING



Every female is different, and everyones cycle comes with different lengths, phases and trends. So it is important to become in touch with your body and cycle to recognise the trends that happen throughout. Better identifying maybe why certain things happen during the month, making the negative impacting symptoms easier to deal with if you know it is down to your cycle.



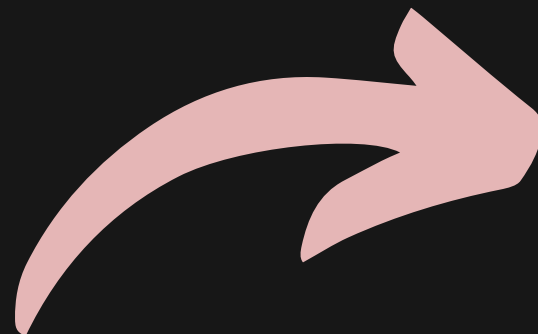
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