

Train With Your Cycle:

A Women's Monthly Guide to Smarter Training, Mobility & Recovery

Supporting women with movement strategies tailored to the natural rhythm of their hormones—so they can train smarter, recover better, and feel stronger all month long.

NEUROMUSCULAR
& SPORTS INJURY CLINIC

085 812 3469
www.neuromuscular.ie
info@neuromuscular.ie



Why Use the "Train With Your Cycle" Guide?

Women's bodies follow a unique hormonal rhythm each month—one that affects strength, stamina, flexibility, and even injury risk. Most training programmes overlook these shifts, applying a one-size-fits-all approach that doesn't account for your physiology. This guide is designed to change that.

Instead of pushing through fatigue, soreness, or burnout, this resource helps you work with your body—honouring its signals and optimising your training and recovery based on the four phases of the menstrual cycle.

Whether you're an athlete, weekend warrior, or simply looking to feel more aligned in your movement, this guide provides practical tools to support your body's natural rhythm.

What will I get out of using this Guide?

Smarter Training, Fewer Injuries

By syncing your workouts with your cycle, you reduce the risk of overtraining and injury—especially during hormonal phases where your joints and ligaments may be more vulnerable.

Improved Energy & Hormonal Balance

Following the guide helps you avoid unnecessary burnout. You'll train harder when energy is high and recover deeper when your body needs rest—leading to better hormonal regulation and overall well-being.

Better Recovery & Mobility

Each phase includes specific recovery and mobility exercises that match your body's hormonal needs, helping you reduce soreness and support long-term performance.





Increased Body Awareness

You'll start noticing patterns in your energy, mood, and performance. This awareness empowers you to make intuitive, informed decisions in your fitness and daily life.

How to Use This Guide

#1

KNOW YOUR CYCLE

Start by tracking your menstrual cycle using an app (like Clue, Wild.AI, or MyFlo) or a journal.

Day 1 is the first day of your period.

The guide divides your month into four key phases:

- Menstrual (Days 1–5)
- Follicular (Days 6–13)
- Ovulation (Days 14–16)
- Luteal (Days 17–28)

#2

MATCH THE PHASE TO THE PLAN

Identify which phase you're currently in and follow the corresponding recommendations.

Each section includes:

- A quick summary of what's happening hormonally
- The best types of movement and recovery techniques
- Nutrition, self-care, and lifestyle tips

#3

ADJUST WEEKLY & LISTEN TO YOUR BODY

Every cycle is unique.

Revisit the guide every 7–10 days as your hormones shift.

These are flexible frameworks—scale up or down depending on how you feel.

If you're tired during ovulation or energised during your period, adjust accordingly.

#4

BE CONSISTENT

The more consistently you follow your body's rhythm, the more benefits you'll notice—better energy, fewer injuries, improved performance, and a deeper sense of connection with your physiology.

#5

GO DEEPER (OPTIONAL ENHANCEMENTS)

Take your training and recovery further by:

- Posting the guide on your fridge or saving it to your phone
- Incorporating cycle-aware recovery treatments like cupping, neuromuscular therapy, or lymphatic drainage at the right phase

Train Smarter.
Recover Better.
Thrive All Month Long.

> “Your body isn’t the problem—
> it’s the solution.”

This guide is your monthly blueprint to move with intention, build strength, and honour your unique physiology.

Menstrual Phase
(Days 1–5) – SLOW ENDURANCE

Body Status:
Energy dips and recovery slows.

Hormonal Snapshot:
Estrogen: Low (starts rising toward the end of this phase).
Progesterone: Very low.

Training Focus:
Strength & Power: With low hormones, your pain tolerance is higher. Focus on heavy lifting, sprints, or plyometrics.
Moderate Intensity: Gradually increase effort as energy rebounds.

Recovery:
Prioritise sleep and gentle mobility (yoga, stretching) if cramps or fatigue are present.

Best Moves:



Child's Pose + Deep Breathing
– Calm the nervous system



Supine Twist
– Ease lower back tension



Pelvic Tilts
– Gentle engagement of core

Nutrition Tips:



Iron-Rich Foods:
Replenish iron lost through menstruation (spinach, lentils, red meat, pumpkin seeds)



Magnesium:
Helps with cramping and mood (dark chocolate, avocado, almonds)



Hydration:
Drink herbal teas or add electrolytes to water

Race Day Tips
If racing during this phase, you may feel stronger as inflammation drops. Start conservatively and build effort.

Wellness Hacks:
- Use this time for journaling, meditation, or infrared sauna
- Consider omega-3s to reduce inflammation
- Book in for a massage or lymphatic drainage

Follicular Phase
(Days 6–13) – BUILD & ENERGISE

Body Status:
Muscle-building potential increases, energy increases, recovery speeds up.

Hormonal Snapshot:
Estrogen: Rising steadily (peaks just before ovulation).
Progesterone: Low.

Training Focus:
High-Intensity Workouts: Estrogen boosts muscle repair, insulin sensitivity, and explosive power.
Ideal for:
- HIIT - VO2 max intervals - Heavy strength training

Recovery:
Faster recovery due to estrogen's anti-inflammatory effects. Push hard but take 1–2 rest days weekly.

Best Moves:



Cat-Cow Flow
– Prep spine for movement



Glute Bridges
– Build posterior chain strength



Wall Angels
– Shoulder mobility & posture reset

Nutrition Tips:



Lean Proteins + Complex Carbs:
Fuel muscle growth (quinoa, tofu, sweet potatoes, eggs)



Fermented Foods:
Support gut health (kimchi, sauerkraut, yogurt)



Cruciferous Veggies:
Help the liver metabolise estrogen (broccoli, kale, cauliflower)

Race Day Tips
Ideal phase to race! Estrogen enhances glycogen storage, muscle efficiency, and mental drive. Go for PRs.

Wellness Hacks:
- Try Saunas and Infra-red Saunas
- Use this phase to set training goals or increase personal records
- Book in for a massage or lymphatic drainage

Ovulation Phase
(Days 14–16) – PEAK PERFORMANCE

Body Status:
Estrogen is high; Strength, energy, and confidence are at their highest.

Training Focus:
Peak Performance: Use estrogen's boost for race-pace efforts or competition.
Avoid overexertion: Injury risk slightly increases due to ligament laxity (high estrogen).

Hormonal Snapshot:
Estrogen: Peaks (triggers LH surge for ovulation).
Progesterone: Starts rising post-ovulation.

Recovery:
Prioritise sleep and stress management—cortisol rises as progesterone begins climbing.

Best Moves:



World's Greatest Stretch – Full-body activation



Hip Flexor + 90/90 Stretch – Prep for speed, range & power



Dynamic Warm-Ups – Prevent injury in high-output sessions

Nutrition Tips:



High-Quality Protein:
Support muscle repair (salmon, tempeh, Greek yogurt)



Anti-Inflammatory Foods:
Protect ligaments (berries, turmeric, flaxseed)



Zinc & Vitamin C:
Support immunity (citrus, pumpkin seeds)

Race Day Tips
Strongest phase for speed and power. Start aggressively but monitor form to avoid injury.

Wellness Hacks:
- Track any ovulation-related changes in body temp, sleep, or cravings
- Prioritise mobility after training to prevent joint issues

Luteal Phase
(Days 17–28) – WIND DOWN & SUPPORT

Body Status:
Progesterone increases, fatigue may build. Core temp rises, recovery slows, mood may fluctuate.

Hormonal Snapshot:
Estrogen: Dips initially, then rises again mid-luteal.
Progesterone: High (peaks mid-luteal, then drops if no pregnancy).

Training Focus:
Endurance & Steady-State: Progesterone increases core temperature and fatigue.
Prioritise:
- Zone 2 cardio - Tempo runs - Technique drills

Recovery:
Extended rest: Progesterone slows recovery. Add extra rest days.
Cooling strategies: Ice packs, cold showers, or evening workouts to manage body heat.

Best Moves:



Foam Rolling + Breathwork – Release tension



Thoracic Rotations – Support spinal mobility



Ankle Circles + Calf Stretches – Improve circulation

Nutrition Tips:



B Vitamins + Magnesium:
Support mood and energy (leafy greens, bananas, beans)



Complex Carbs:
Balance blood sugar and reduce cravings (oats, chickpeas, sweet potatoes)



Hydration:
Increase electrolytes—progesterone causes sodium loss

Race Day Tips
- Start slower and pace evenly. Use carb-loading (8–10g/kg carbs 2–3 days pre-race).
- Pre-cool with ice vests or cold fluids.
- Expect higher RPE—trust your training.

Wellness Hacks:
- Use adaptogens like ashwagandha or maca for hormone support (check with a professional first)
- Wind down with Epsom salt baths, guided sleep meditations, or Fire Cupping
- Get 8+ hours of sleep and avoid caffeine late in the day

Boost Efficiency

Key Hormonal Impacts on Performance				
	Phase	**Estrogen**	**Progesterone**	**Body Response**
	**Menstrual** (Days 1–5)	Low	Low	Rising strength, lower endurance
	**Follicular** (Days 6–13)	High	Low	Peak power, speed, recovery
	**Ovulation** (Days 14–16)	Peak	Rising	Best speed but higher injury risk
	**Luteal** (Days 17–28)	Fluctuates	High	Fatigue, heat sensitivity, endurance focus

How This Boosts Race-Day Efficiency

By training in sync with your cycle:

- Follicular/Ovulation Phases: Build power/speed when hormones support fast recovery.
- Luteal Phase: Train your body to burn carbs efficiently and endure fatigue.
- Menstrual Phase: Reset and prep for the next high-intensity block.

On race day, your body adapts to the stress it's been primed for.

For example:

- If racing in the **luteal phase**, you'll be adept at fueling with carbs and pacing.
- If racing in the **follicular phase**, you'll crush high-intensity efforts.

Month .....

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

DATE

MOOD

DAILY JOURNAL

YOUR THOUGHTS

GOALS

TO DO

Want to Take It Further?

- Explore recovery options like neuromuscular therapy or lymphatic drainage
- Track your cycle and adjust your training week to week
- Book a session with our dedicated Sports Performance Coach, Sean, who creates personalised training plans based on your lactate/VO2 data and menstrual cycle. Maximise every workout, accelerate your progress, and train smarter—every time.







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