

HOW YOUR MENSTRUAL CYCLE SHAPES TRAINING & PERFORMANCE

WHAT THE RESEARCH SHOWS

The Women Fitness Cycle project reviewed **91 studies** to **understand how the menstrual cycle influences exercise.**

Research shows that endurance and sprint capacity may dip during menstruation, while strength and power remain stable throughout the month.



WHY THIS MATTERS

These shifts reflect normal physiology.

Understanding them helps athletes avoid burnout, plan training more effectively, and recognise that changes in energy or motivation don't necessarily mean reduced performance.

WHAT YOU CAN DO

Start tracking your cycle to notice your own patterns. Adapt your training intensity depending on how you feel. Use these signals to work with your body rather than against it.



EVERY PHASE HAS SOMETHING TO OFFER

Turn science into your strongest ally.

Understanding how your body changes throughout the month doesn't limit your performance, it empowers it.

When women **train with awareness**, adapt their routines and listen to their rhythms, they build not only better results but also **confidence**, wellbeing and long-term strength.