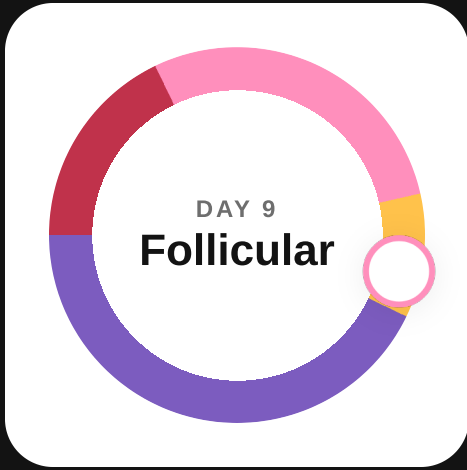




How your cycle shapes training

Two systematic reviews screened **21,273 records** and pooled **96 studies** of active, eumenorrheic women to ask one question: does the menstrual cycle really change how you feel and perform?

STRONGEST SIGNAL — MIND

Follicular

is when mood, motivation and readiness peak. They fall to their **lowest in the menstrual and late-luteal phases**.

STRONGEST SIGNAL — BODY

−0.28 VO_2max

a small dip in aerobic capacity early in the cycle. **Strength, power and jumping don't consistently change.**

The mind

5 studies · 103 women

Mood, drive and psychological readiness dip during menstruation and the late-luteal phase, alongside more tension and somatic symptoms — and lift again through the follicular phase.

The body

91 studies · 24 pooled

Aerobic capacity and sprint speed may dip slightly in the early-follicular phase, but strength, power and jumping show no reliable phase effect. The cycle phase was not a significant driver of performance.

ACROSS YOUR CYCLE

Menstrual

days 1–5

Lower mood & energy; slight aerobic dip.

Prioritise recovery

Follicular

days 6–13

Best mood, drive & alertness; body strong.

Great for intensity

Ovulation

~day 14

Under-studied — few firm conclusions yet.

Train as usual

Luteal

days 15–28

Tension rises late; readiness dips. Body steady.

Listen to your body



Everyone is different.

These are patterns, not rules. Responses are highly individual — track your own cycle and adapt training to how *you* feel.