

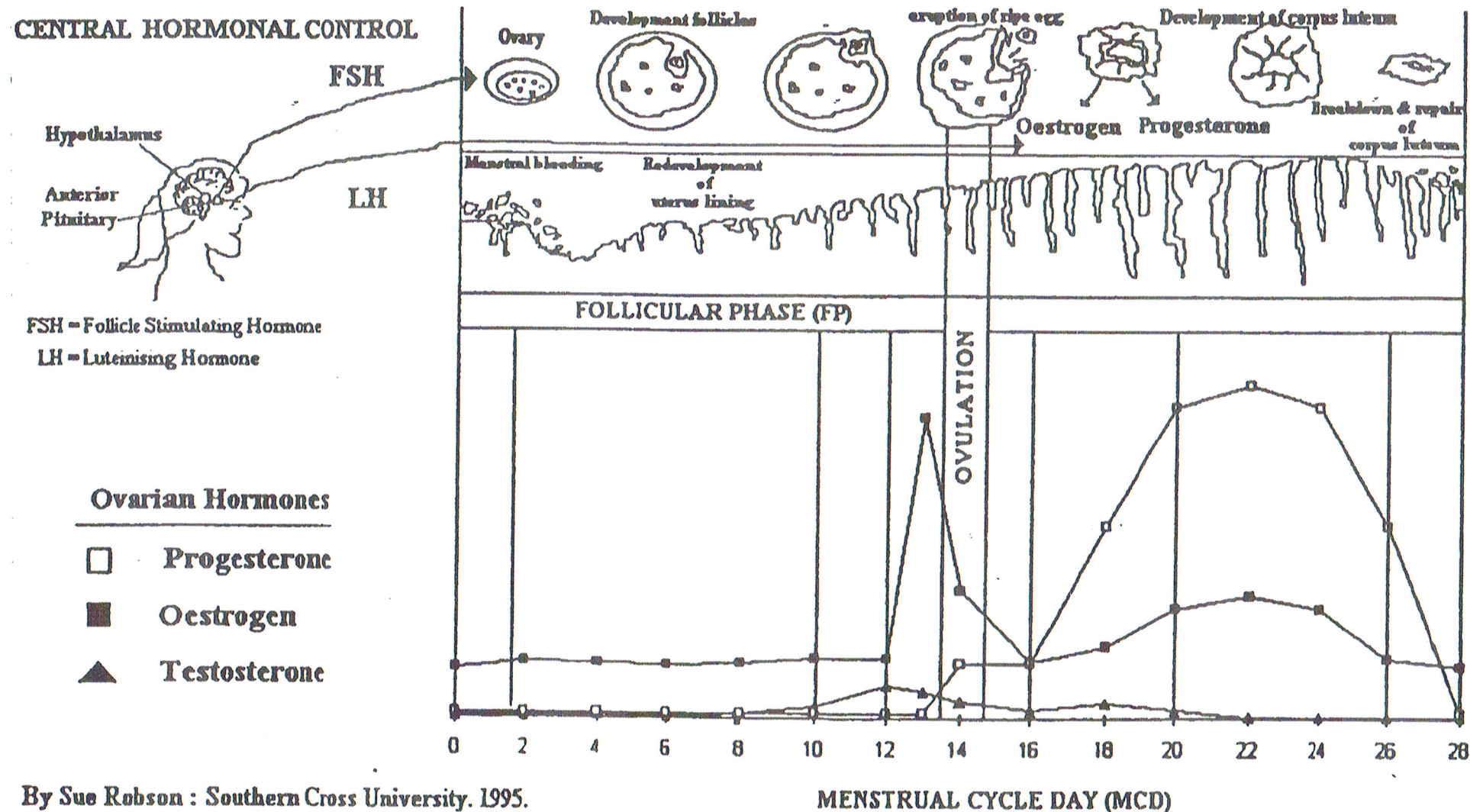
Training Females: Menstrual Cycle Effects

Some Recommendations for Training Periodization

Extracted from a presentation by Sue Robson.

Hormonal Predisposition

Figure 1. HORMONAL CONTROL OF THE MENSTRUAL CYCLE



By Sue Robson : Southern Cross University. 1995.

It is therefore recommended that the preceding information be taken into account when designing the training programme which should result in an improved performance by the athlete - which is after all the ultimate goal.

Diagram 16 Programming training around the menstrual cycle.

Days of the menstrual cycle							
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28							
Phases	Follicular				Luteal		
Zones	Early	Mid	Late		Early	Mid	Late
Metabolic Variations	Anaerobic and power based activity. Lactic acid based work.		Low intensity & high volume aerobic work. (Weight gain). Emphasis on non weight bearing activities.	O V U L A T I	Anaerobic and power based activity. Lactic acid based work.	Low intensity & high volume aerobic work. (Weight gain). Emphasis on non weight bearing activities. Ability to cope with heat stress.	
Muscle Function	Strength training.				Strength training.		Strength training.
Aerobic Performances			Prolonged exercise.			Prolonged exercise.	

Figure 8.

Summary of physiological and psychological fluctuations across the menstrual cycle.

