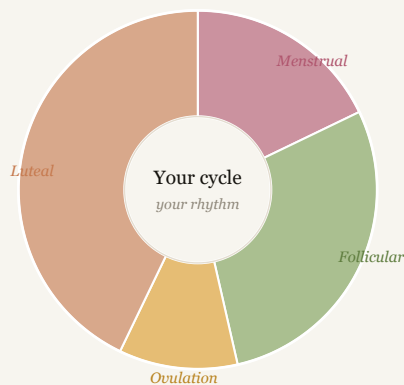


MINI GUIDE

Cycle *Syncing*

A Holistic Training Guide for Female Athletes

Your body moves through a beautiful rhythm each month, and every phase brings its own kind of strength. Think of it as **four seasons in a month**. This guide is your simple map to that rhythm, helping you understand what's happening inside you and how to **train, fuel, and care for yourself** in tune with each phase. When you move with your cycle, your energy, recovery, and confidence all get to shine. It's one of the greatest superpowers you have as a female athlete.



Menstrual

WINTER · DAYS 1 TO 5

- Lowest energy, rest & restore
- Iron + warm, nourishing foods
- Gentle movement, extra sleep

Follicular

SPRING · DAYS 6 TO 13

- Energy rising, build & learn
- Vitamin C, greens, healthy fats
- HIIT, dance, new skills

Ovulation

SUMMER · DAYS 14 TO 16

- Peak power & confidence
- Fiber, zinc, antioxidants
- Weights, running, PRs

Luteal

AUTUMN · DAYS 17 TO 28

- Winding down, fuel more
- Magnesium, complex carbs
- Steady strength, yin yoga

HOW TO START TRACKING

Day 1 is the day you start bleeding. When the bleeding stops, your menstrual phase is over and you move into follicular. Each day, note your symptoms and how your body feels, and count how many days each phase lasts for you. The length of every phase varies from person to person, which is why cycle syncing is never one size fits all. Over a few months you'll learn your own rhythm, so each month ahead you can plan and support yourself in every phase.

A NOTE ON MISSING OR IRREGULAR PERIODS

If your period is often late, very irregular, has stopped, or hasn't started by your mid teens, that is **not something to train around or push through**. In athletes it's usually a sign your body isn't getting enough fuel and rest for everything you're asking of it (a sign of low energy availability). It's your body asking for **MORE food and more recovery, never less**. Please talk to a parent and a doctor. Getting your cycle back is a sign of strength, not weakness.

WORK WITH YOUR BIOLOGY

Each *Season*, Day by Day

How to move, fuel, and care for yourself through every phase

● Menstrual *winter*

DAYS 1 TO 5 · HORMONES LOWEST

Progesterone and estrogen are at their lowest and your body is resetting. Lower energy is completely normal. This is a week to rest, restore, and refuel, not to force a personal best.

MOVE Keep it gentle: slow walks, yin yoga, and light technical work, with plenty of rest. **Doing less IS the training.**

FUEL Warm, easy to digest meals. Focus on **iron, protein, B vitamins, zinc, and omega 3s**: grass fed red meat, wild caught fish, beets, root veggies, dark leafy greens, avocado, and dark berries.

MIND Go inward: reflect, journal, and set quiet intentions. Give yourself grace, expect less and rest without guilt.

CARE Warmth, extra sleep, and long slow exhales for cramps. Soothing teas like raspberry leaf, nettle, turmeric, or ashwagandha.

● Follicular *spring*

DAYS 6 TO 13 · HORMONES CLIMBING

Hormones start climbing again and your energy, mood, and focus rise with them. Your body recovers fast and your brain learns quickly, the best window to build new skills and push a little.

MOVE Bring the intensity: **HIIT, dance, hot yoga, barre**, and plenty of skill work. You pick up new patterns fast now.

FUEL Fresh, lighter, colorful whole foods for gut health. Focus on **vitamin C, minerals, healthy fats, and probiotics**: broccoli, carrots, summer squash, citrus, pomegranate, lentils, and flax or pumpkin seeds.

MIND Primed to learn: set goals, go after them, and step outside your comfort zone.

CARE Be social and creative. Supportive teas like nettle, licorice root, or basil.

● Ovulation *summer*

DAYS 14 TO 16 · PEAK POWER

Estrogen and testosterone peak and then drop. For a few days you are often strongest, fastest, and most confident, great for big games, testing, and PRs.

MOVE Go for it: **weights, running, sprints, games, and PRs**. ACL aware: ligaments loosen now, so land and cut with control.

FUEL Plenty of fuel for your biggest days. Focus on **fiber, B vitamins, and zinc** with antioxidant rich foods: berries, leafy greens, asparagus, brussels sprouts, wild caught salmon, and brown rice.

MIND Confidence and voice peak: lead, communicate, and take the big shot.

CARE Ride the high, but still recover. Peak energy is no reason to skip sleep.

● Luteal *autumn*

DAYS 17 TO 28 · PROGESTERONE RISING

Progesterone rises and your energy gradually tapers. Cravings, appetite, and metabolism all go up, so your body needs **more food and rest**, and that is completely normal.

MOVE Wind down as your period nears: steady strength, vinyasa and yin yoga, nature walks, and lower resistance work.

FUEL **Eat more, never restrict.** Focus on **magnesium, B6, fiber, and complex carbs**: sweet potato, pumpkin, root veg, apples, dates, chickpeas, brown rice, dark chocolate, nuts, and seeds.

MIND The inner critic can get loud. That is hormones talking, not the truth. Meet yourself with extra self compassion.

CARE More sleep, warmth, and grace. Calming teas like raspberry leaf, ginger, dandelion root, or spirulina.