



TRIATHLON | SWIMMING | CYCLING | RUNNING | ST

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How to Track Your Menstrual Cycle in Garmin Connect

Step-by-Step on Garmin Connect App:

- Step 1: Open Garmin Connect App (iOS/Android).
- Step 2: Tap the 'More' (≡) icon (bottom right on iOS or top left on Android).
- Step 3: Tap Health Stats → then Women's Health.
- Step 4: Select 'Cycle Tracking'.
- Step 5: Tap Get Started (if it's your first time).

Set up your cycle info:

- Average cycle length
- Period length

You'll now see a calendar view - tap on dates to log:

- Period start/end
- Flow intensity
- Symptoms (cramps, bloating, fatigue, mood, etc.)
- Other wellness data like sleep, stress, etc.

You can set reminders for:

- Upcoming period
- Fertile window
- PMS window

Automatic Sync with Training Peaks:

Once you log your menstrual data in Garmin Connect and Garmin is synced with Training Peaks (Syncs automatically to Training Peaks if accounts are linked), the cycle phase data is visible in your Training Peaks calendar.

Training Adjustments:

This allows your coach to adjust workouts based on hormonal phases.

Follicular phase: More strength and endurance

Luteal/PMS phase: Reduced intensity, more recovery

19	20	21	22	23	24 Menstruation Pha	25 Menstruation Pha
26 Menstruation Pha	27 Menstruation Pha	28 Menstruation Pha	29	30	31	1 Jun

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(Syncs to TrainingPeaks automatically)

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2 Tap Health Stats → then Women's Health

Select 'Cycle Tracking'

3 Tap Get Started (if it's your first time)

Set up your cycle info:

- Average cycle length
- Period length
- Birth control method (if applicable)

6 You'll now see a calendar view - tap on dates to log:

- Period start/end
- Flow intensity
- Symptoms (cramps, bloating, fatigue, mood, etc.)
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Bonus Tip: Be consistent in logging data. Over time, patterns will emerge that help personalize training around energy levels, mood, and performance capacity.



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