



TRIATHLON COACHING | SWIMMING | CYCLING | RUNNING | ST

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Cycling during periods

Step Cycling during periods is absolutely doable and can even help ease cramps for some. Here are some key tips and reminders to make your ride more comfortable and effective:

1. Choose the Right Gear

Padded cycling shorts: They offer extra comfort and reduce chafing.

Menstrual products: Use what feels best; pads, menstrual cups, or period underwear. Menstrual cups and sports-specific period underwear are popular for long rides due to leak protection and comfort.

2. Prioritize Comfort

Adjust your saddle height and tilt for optimal support.

If you're feeling bloated, wear high-waisted, supportive gear to reduce pressure on your abdomen.

3. Stay Hydrated and Fueled

You lose more fluids during your period, so hydrate well.

Eat light, energy-rich snacks to maintain stamina and avoid sugar crashes.

4. Manage Cramps

A light warm-up and steady cycling can improve blood circulation, reducing pain.

Consider taking a mild pain reliever if cramps are intense (consult your doctor).

5. Watch Intensity

It's okay to scale back effort or distance on heavy-flow days.

Listen to your body and adjust training as needed.

6. Hygiene Essentials

Pack wet wipes, extra pads/cups, and a disposal bag if you're on a long ride.

If possible, plan routes with accessible restrooms.

7. Mental Readiness

Periods can impact mood. Be kind to yourself.

Acknowledge your effort; it's a big win. 1: Open the Course Link

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