




ELEMENTS
PERSONAL TRAINING

MENSTRUAL CYCLE

TRAINING GUIDE

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MENSTRUAL CYCLE TRAINING GUIDE

In this guide I am going to offer you some tried and tested strategies to help you effectively manage training and dieting around your monthly cycle. These are the strategies that I have put in place with my own clients for almost a decade to great effect.

Hopefully they can help you too, at least as a starting point to work from.

First up, it's important to remember that each of you is very different and you may react differently to your cycle versus what's shown in this guide, that's totally normal. Use it to interpret the things you may be feeling and adapt your training and diet accordingly using the strategies shown below.

My second point and one which can be a total game changer when it comes to managing your training and nutrition around your monthly cycle is to remember that it is totally normal, it is supposed to happen to keep your health optimal, work with it and not against it.

The harder you try to fight it, the worse it will usually effect you. Listen to your body and give it what it needs in the right way.

HOW TO USE THE GUIDE?

I will outline each stage in your cycle and try to explain a few things to help you identify what's going on.

How you may be feeling physically and mentally at that stage.

Why you are feeling that way and what's happening to your hormones and Neurotransmitters at that stage.

How you may feeling nutritionally at that stage regarding cravings etc.

The best training methods to use at that time with regards to both cardio and weight training.

Supplementation that could help.

There's a huge amount of information about this which can be extremely confusing so I'm going to offer you the most basic summary which can serve as an easily executable template to use as a reference point.

(FOLLICULAR) MENSTRUATION - DAYS 1 TO 7

How you may be feeling right now?

You may start the week with low energy, feelings of lethargy, emotionally sensitive and somewhat unmotivated. Towards the end of the week though, things should begin to improve as the bleeding slows. You may begin to feel good, more optimistic, strong and ready to take on the world again.

Why are you feeling like that?

Most of your hormones are flatlining at this stage, Progesterone, estrogen and testosterone are all low initially but will begin to rise after bleeding begins.

How may you be feeling nutritionally?

You should be pretty settled this week when it comes to your diet, providing you are making good choices, eating clean and natural foods and balancing your macros properly you shouldn't get too many cravings so if you have a macro baseline stay as close to it as you can.

How should you be training this week?

Do what feels right this week as each of you will deal with the ups and downs in a very different way. If you feel good to go then go, if you don't then don't.

During the bleed its probably better to back off a little bit and do some gentler exercise like yoga or light cardio. As the week progresses and you start to feel better you can get back in the gym, lift some weights with moderate intensity and add some slightly harder HIIT cardio sessions.

Supplements to help

| | |
|--------------------------------------|---------------|
| Magnesium | 2-400mg daily |
| Omega 3 | 5g Daily |
| Vit D3 | 2500iu Daily |
| Vit B6 | 100mg Daily |
| Iron | 20mg Daily |
| Estrosupport by Ultimate Performance | 2 caps daily |

(FOLLICULAR) POST MENSTRUATION - DAYS 7 TO 14

How you may be feeling right now?

This week you may be full of energy, focus is high and you should be assertive and feeling strong. It's a great time to start a new diet or project because you may be more motivated than normal. Your pain tolerance will be higher so you can train harder.

Why are you feeling like that?

Everything is on the rise again, Estrogen and testosterone both begin rising to their monthly peak making a lot of good things happen.

How may you be feeling nutritionally?

Right now you will be what's known as "estrogen dominant". Higher levels of estrogen can increase insulin sensitivity which basically means you require a few more carbs to get by and to help stabilize your blood sugar without getting too many cravings. If you start to crave, add some extra carbs in the form of potato or oats which should prevent any binges.

You will likely be training a lot harder too so the added carbs should go to the right places.

How should you be training this week?

Focus on weight training and HIIT style cardio. Your performance should be high, pain tolerance low and focus fully on point, Make the most of it! Train hard and heavy, this is the week to push for some personal bests too.

Supplements to help (as previously)

| | |
|--------------------------------------|---------------|
| Magnesium | 2-400mg daily |
| Omega 3 | 5g Daily |
| Vit D3 | 2500iu Daily |
| Vit B6 | 100mg Daily |
| Iron | 20mg Daily |
| Estrosupport by Ultimate Performance | 2 caps daily |

(LUTEAL) POST OVULATION - DAYS 14 TO 21

How you may be feeling right now?

Initially you may be a tad emotional due to the sudden drop in hormones but that will soon go the other way until you are calm and level headed again. Energy may be a little lower as progesterone dominance can make you feel a little sedated.

Why are you feeling like that?

Estrogen and progesterone initially drop before sharply rising a few days later with progesterone becoming dominant.

How may you be feeling nutritionally?

Right now you will be more progesterone dominant rather than estrogen dominant. This means that you are Less insulin sensitive so you body will not handle carbohydrates quite so well. Shift you calories in favor of lower carb, higher fat this week.

Dropping 50g of carbs below your standard baseline would be a good decision here and replace those calories with fats. It would also be smart to eat little and often versus bigger meals. Also try to take in some fats with every meal to slow down any spikes in blood sugar elevation.

How should you be training this week?

Focus on heavy weight training but switch out any HIIT for steady state cardio at a lower intensity here.

Supplements to help (as previously)

| | |
|--------------------------------------|---------------|
| Magnesium | 2-400mg daily |
| Omega 3 | 5g Daily |
| Vit D3 | 2500iu Daily |
| Vit B6 | 100mg Daily |
| Iron | 20mg Daily |
| Estrosupport by Ultimate Performance | 2 caps daily |

PRE MENSTRUATION DAYS 21-28

How you may be feeling right now?

This could be where feelings of tiredness and lethargy kick in, you may be unnecessarily sensitive to stress, emotional or a little irrational. Conversely, you may also start getting a little hornier than normal as the uterus lining thickens and in some cases can start putting pressure on certain areas.

This may not be the best week to take your progress photos or measurements.

You will not be looking at yourself through rational eyes and will likely see something very different to the reality.

Any additional bloating or water retention as well as psychological changes can make you be a little too hard on yourself this week.

When you start feeling like this, recognise that your period is on its way and any judgement you make on yourself is not the reality.

Why are you feeling like that?

Your estrogen levels drop, serotonin (your feel good neurotransmitter) is low.

How may you be feeling nutritionally?

Cravings may begin so plan to add 50-100g of clean carbs extra per day if needed rather than bingeing. This will help to bring serotonin up and settle cravings and anxiety. Remove a little protein and reduce high fiber veg a little if you find that you are getting bloated.

Adding something like a bowl of oats with a banana in the evenings can be a game changer this week.

How should you be training this week?

This may be a good week for a "de load" on your weight training sessions. Plan to back off on the Intensity and weight lifted by about 25% to accommodate any fatigue.

Cardio should remain gentle here, steady state taken nice and easy will be a far better option than HIIT.

Supplements to help (as previously)

| | |
|--------------------------------------|---------------|
| Magnesium | 2-400mg daily |
| Omega 3 | 5g Daily |
| Vit D3 | 2500iu Daily |
| Vit B6 | 100mg Daily |
| Iron | 20mg Daily |
| Estrosupport by Ultimate Performance | 2 caps daily |

Adding a little more magnesium here could help any cramps, and reduce both bloating and water retention.

Integrating these strategies at the right time can really help to not only get you in better shape with less effort but they can really help to improve your quality of life.

**GOOD LUCK
AND TAG ME**

@elliottupton
in your post workout selfies,
or better yet, videos of your session.



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