

Menstrual Cycle Day	Menstrual Cycle Phase	Hormone levels	Physiological and Psychological changes	Effect on training
1	Early Follicular	Oestrogen, Progesterone, Testosterone low.	Changes in mood resulting in increased stress, accidents, poor reaction times and perception of exertion. Immune depression	Eliminate skills and precision training, Reduce stress and training volume.
2				Include anaerobic and power based activity, lactic acid based work and strength training.
3				
4				
5				
6	Mid Follicular	Oestrogen rising, Progesterone low		Include high intensity, low volume, complex tasks, anaerobic and power based work and strength training.
7				
8				
9	Late Follicular	Oestrogen peak	Increased glycogen storage, fat, protein, water and electrolyte stores	Include low intensity and high volume aerobic work. Emphasise non weight bearing activities and prolonged exercise.
10				
11				
12				
13				
14	Ovulation	Testosterone peak		Strength training
15	Early Luteal	Progesterone rising	Increased glycogen storage in liver and muscle tissue. Decreased glycogen stores in blood glucose. Increase in total energy and fat intake. Depression of blood lactate concentration. Greatest retention of water, sodium, chloride and potassium.	Include high intensity, low volume, complex tasks, anaerobic and power based work and strength training.
16				
17				
18				
19				
20				
21	Mid Luteal	Oestrogen and Progesterone peak	Greater protein breakdown, muscular endurance low, Increased glycogen storage, increased fat and protein. Increased water and electrolyte stores.	Include low intensity and high volume aerobic work with emphasise on non weight bearing activities. Prolonged exercise. Ability to cope with heat stress.
22				
23				
24				
25	Late Luteal	Oestrogen, Progesterone, Testosterone low	Changes in mood resulting in increased stress, accidents, poor reaction times and perception of exertion. Immune depression	Recovery week, Eliminate skill and precision training. Include simple tasks with low stress and training volume and include strength training.
26				
27				
28				