

# TALK - TRACK - MANAGE

Maximise health and performance by talking, tracking and managing your menstrual cycle.



## TALK



- Speak openly with your coaches and support staff about your menstrual cycle.
- Discuss whether training modifications would help during your menstrual cycle, although not every athlete will need to modify training.
- Ensure the relevant staff are aware of any painkiller use during your menstrual cycle.



## TRACK



- Establish what a normal cycle is for you. You will need to have 3-6 months of data alongside performance data e.g. training hours per week.
- Know your own menstrual cycle – dates of bleeding, length of menses, the severity of symptoms. Everyone is different, and it's important to understand how your body responds.
- Keep a record of your training (e.g. hours, distance, number of sessions per week) and how you are feeling throughout your cycle.



*How to Track:* Apps such as Clue & Period Tracker Lite may be useful but be careful of any apps that offer generic advice. Pen and paper may work best for you.

## MANAGE



- After tracking for 4-5 cycles, if you have any concerns then speak to your coaches and support staff.
- Establish whether modifications need to be made to your training. For example, your coach may be able to plan intense training phases around when you feel your best.

