



## MENSTRUAL PHASE (DAYS 1 TO 7)

Lowest natural energy levels

**Training:** gentle yoga, pilates walking

**Mindset:** looking inwards, listening to instincts, and setting goals.

**Nutrition:** Hydrate. Anti-inflammatory boosting foods



## FOLLICULAR PHASE (DAYS 8 TO 13)

High Energy levels

**Training:** HIIT classes, hills or sprints, increase your deadlift by one rep and beat your PB

**Mindset:** Your body's better at adapting to your training during this phase so go for it.

**Nutrition:** Lean proteins, beans, seeds, lots of avocados



## OVULATORY PHASE (DAYS 14 TO 21)

All Time High Energy Levels

**Training:** Longer easy runs, hilly hikes, use moderate loads

**Mindset:** Keep cardio sessions at a light conversational pace

**Nutrition:** B-vitamin, D-vitamin, zinc, magnesium-rich foods



## LUTEAL PHASE (DAYS 22 TO 28)

Listen to your body and customize your workout

**Training:** yoga, pilates, walking.

**Mindset:** prioritize flexibility and technique, work on your form, customize your exercise for how you feel that day

**Nutrition:** leafy green glutathione-rich foods, lighter grains