

MENSTRUAL PHASE (DAYS 1 TO 7)

FEELS

LOW ENERGY

TO DO

EXTRA SELF-CARE AND SLEEP

TRAINING

GENTLE YOGA
PILATES
WALKING

FOLLICULAR PHASE (DAYS 8 TO 13)

FEELS

HIGH ENERGY

TO DO

LOOK TO DEVELOP NEW SKILLS

TRAINING

HEAVY WEIGHT
HILL TRAINING
SPRINT TRAINING

OVULATORY PHASE (DAYS 14 TO 21)

FEELS

ALL-TIME HIGH ENERGY

TO DO

INCORPORATE ENDURANCE TRAINING

TRAINING

RESISTANCE EXERCISE
LONGER EASY RUNS
HILLY HIKES

LUTEAL PHASE (DAYS 22 TO 28)

FEELS

HIGH ENERGY

TO DO

KEEP HIGH-INTENSITY WORKOUTS UNTIL
YOUR ENERGY STARTS TO DECREASE

TRAINING

YOGA
PILATES
WALKING