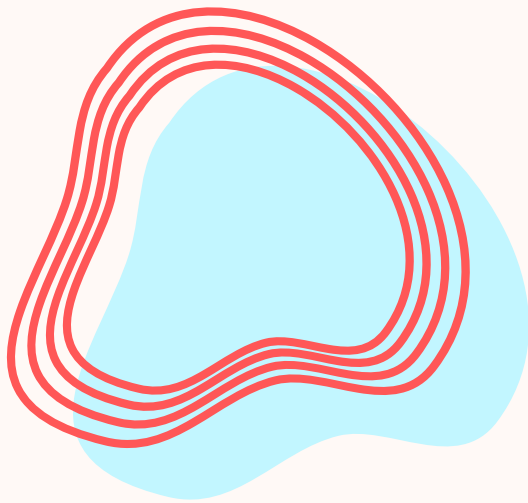




Cycle Syncing Basics

Train & Eat in Alignment
With Your Body



Evidence-based guidance from a Girls
Gone Strong Women's Specialist

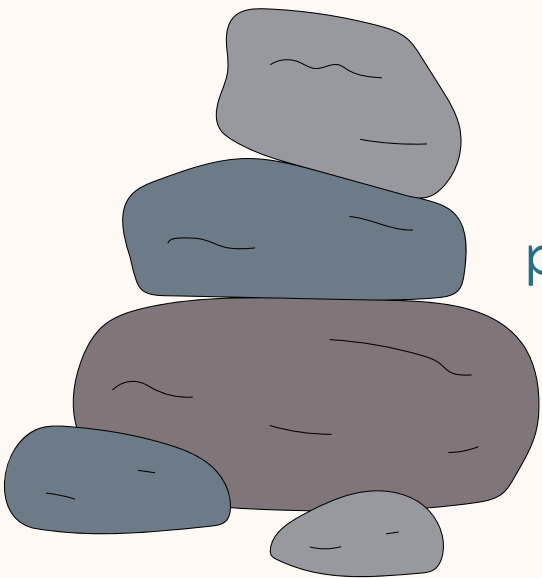
The 4 Phases Overview (evidence shows large individual variation, so use this as a flexible guide).^{1,2}



Understanding Your Cycle

Your menstrual cycle is unique (typical range 21–35 days). Hormones naturally fluctuate, which can influence energy, strength, recovery, and how you feel.

The foundation is always the Big Rocks — eating enough total food, sleeping well, managing stress, and training consistently. Cycle awareness is a helpful tool, not a strict rulebook. Track your own patterns and do what supports you.



The Phases



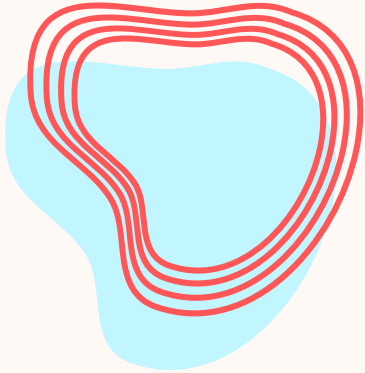
1. Menstrual Phase (Days 1–5-ish) — Rest & Restore

- Hormones: Estrogen & progesterone low.
- Common experience: Lower energy, cramps, fatigue, or mood shifts.
- Training: Gentle movement is often best — walks, yoga, mobility, or light full-body strength with lower volume. Honor rest if your body needs it.
- Nutrition: Focus on iron-rich foods (leafy greens, red meat, lentils), anti-inflammatory options (ginger, turmeric, warm meals), and magnesium-rich foods (nuts, seeds, dark chocolate). Higher carbs can support mood and energy when cravings appear.³

2. Follicular Phase (Days 6–13-ish) — Build & Progress

- Hormones: Estrogen rising.
- Common experience: Increasing energy, motivation, and strength.
- Training: Excellent window for heavier lifts, progressive overload, new movements, or higher intensity if you feel strong.
- Nutrition: Fresh, nutrient-dense foods. Lean proteins, complex carbs, vegetables, and healthy fats to fuel performance.

3. Ovulation Phase (Around Day 14, lasts 1–3 days) – Peak Energy



- Hormones: Estrogen peaks. Brief testosterone rise.
- Common experience: High energy and strength for many women.
- Training: Good time for heavier or higher-intensity sessions if it feels good. Maintain excellent form (some women notice more joint laxity here).
- Nutrition: Balanced fueling with quality protein, carbs for energy, and fats for hormone support.

4. Luteal Phase (Days 15–28-ish) – Maintain & Recover

Hormones: Progesterone rises then drops.

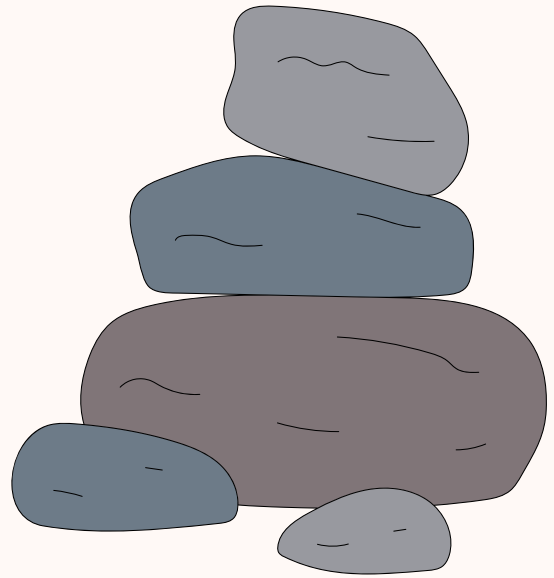
Common experience: Energy may dip, recovery can slow, cravings or PMS symptoms may increase.

Training: Maintain strength but reduce volume or intensity as needed. Emphasize recovery and daily autoregulation.

Nutrition: Higher protein and healthy fats help stabilize blood sugar and manage cravings. Magnesium, fiber, and complex carbs support mood and digestion.⁴



Big Rock Reminder:



- Eat enough total food daily.
- Prioritize sleep and stress management.
- Train consistently with good form and progressive overload.
- Use cycle awareness as a flexible, compassionate guide — not a rigid schedule.

How to Apply This

Bring your personal observations (energy, strength, cravings, mood) to our check-ins. In Standard and Premium coaching we use this information to fine-tune your programming, macros, and habits specifically for you.



References

1. McNulty et al. (2020). The effects of menstrual cycle phase on exercise performance in eumenorrheic women: A systematic review and meta-analysis. Sports Medicine.
2. Colenso-Semple et al. (2023). Umbrella review: Menstrual cycle phase does not meaningfully influence resistance training adaptations. Frontiers in Sports and Active Living.
3. Brown et al. (2024). Nutritional approaches for menstrual symptom relief. Nutrition Research Reviews.
4. Tucker et al. (2025). Energy intake across the menstrual cycle: A systematic review.

These references reflect the current evidence base, which shows large individual differences and modest overall effects of cycle phase on training and nutrition. If you have questions about applying any of this to your current program, just let me know in your next check-in!

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