



# **Cycle-Syncing Workout Guide for Women**

## **Train Smarter by Aligning Your Workouts with Your Hormones**

This detailed guide is designed to help women optimize strength, energy, and recovery by syncing their workouts with the four phases of their menstrual cycle. By aligning your training to your body's natural hormonal rhythms, you'll reduce burnout, prevent injury, and achieve consistent, long-term results.

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## Understanding the Menstrual Cycle

The menstrual cycle is typically 28 days long, though it can range from 21 to 35 days. It consists of four distinct hormonal phases that influence everything from energy and motivation to recovery and strength capacity.

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### Menstrual Phase (Days 1–5) – Rest & Restore

**Hormones:** Estrogen and progesterone are at their lowest

**How You Might Feel:** Tired, crampy, low motivation, low back pain

**Workout Focus:**

- Low-intensity movement
- Gentle yoga, mobility, walking
- Focus on breathwork, meditation, foam rolling

**Strength Strategy:**

- Decrease load and intensity (~50–60% 1RM)
- Light circuit training or active recovery
- Optional deload week or complete rest depending on symptoms

**Nutrition Notes:**

- Increase iron-rich foods (spinach, lentils, red meat)
  - Prioritize hydration and anti-inflammatory foods (berries, ginger, turmeric)
  - Add magnesium-rich foods to help with cramps (pumpkin seeds, dark chocolate)
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### Follicular Phase (Days 6–13) – Build & Challenge

**Hormones:** Estrogen begins to rise, progesterone remains low

**How You Might Feel:** Energized, mentally clear, motivated

**Workout Focus:**

- Strength-based training
- Skill work or trying new exercises
- Progressive overload is ideal here

**Strength Strategy:**

- Compound lifts (squats, deadlifts, presses)
- Moderate to heavy loads (70–85% 1RM)
- Low to moderate reps (6–10), 3–5 sets

**Nutrition Notes:**

- Focus on lean proteins, complex carbohydrates, and nutrient-dense meals
  - Add cruciferous vegetables to help metabolize rising estrogen
  - Support blood sugar with fiber and regular meals/snacks
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## Ovulation Phase (Days 14–16) – Peak Performance

**Hormones:** Estrogen peaks, brief testosterone surge **How You Might Feel:** Powerful, confident, social, high energy

**Workout Focus:**

- Max strength output and high intensity
- Best phase for PRs and competitive events

**Strength Strategy:**

- Max effort lifts (80–90% 1RM)
- Plyometrics, HIIT, and explosive power work
- Sprint intervals or Olympic lifts for advanced athletes

**Caution:** Estrogen makes ligaments more elastic—warm up thoroughly and prioritize form

**Nutrition Notes:**

- Increase recovery carbohydrates (rice, oats, potatoes)
  - Support joints with omega-3s (salmon, flaxseed oil, walnuts)
  - Keep hydration up—sweat rate may increase
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## Luteal Phase (Days 17–28) – Balance & Support

**Hormones:** Progesterone rises, estrogen drops mid-phase **How You Might Feel:** Tired, bloated, emotional, increased cravings

### Workout Focus:

- Moderate resistance training, circuit style
- Incorporate mobility, stretching, restorative movement
- Prioritize core stability, posture, and breathwork

### Strength Strategy:

- Reduce intensity slightly (60–70% 1RM)
- Slow eccentrics and time under tension
- Functional strength and flow-based movement

### Nutrition Notes:

- Support progesterone with vitamin B6 (chickpeas, bananas, turkey)
- Include magnesium and healthy fats (avocados, almonds)
- Increase fiber and water to support digestion and reduce bloating



## Tips for Cycle-Syncing Success

- Use a cycle tracking app (like Clue or Flo) or journal symptoms
- Be flexible—some cycles may shift or feel different
- Prioritize rest when needed (especially early luteal or menstrual)
- Track performance, energy, and mood each week

This is not about restriction—it's about **training in alignment** with your physiology. When you support your cycle, you support your strength.

#TrainWithYourCycle #KronicallyFit #WomenWhoLift #CycleSmart  
#HormoneFriendlyTraining



# Cycle Tracking Worksheet

Use this worksheet to track your daily experiences throughout the menstrual cycle. Monitoring these patterns over time helps identify trends in energy, mood, strength, and recovery.

Name: \_\_\_\_\_ Month: \_\_\_\_\_

| Day | Phase      | Energy (1-10) | Mood | Cravings | Bloating (Y/N) | Workout Type | Strength (✓/✗) | Notes |
|-----|------------|---------------|------|----------|----------------|--------------|----------------|-------|
| 1   | Menstrual  |               |      |          |                |              |                |       |
| 2   | Menstrual  |               |      |          |                |              |                |       |
| 3   | Menstrual  |               |      |          |                |              |                |       |
| 4   | Menstrual  |               |      |          |                |              |                |       |
| 5   | Menstrual  |               |      |          |                |              |                |       |
| 6   | Follicular |               |      |          |                |              |                |       |
| 7   | Follicular |               |      |          |                |              |                |       |
| 8   | Follicular |               |      |          |                |              |                |       |
| 9   | Follicular |               |      |          |                |              |                |       |
| 10  | Follicular |               |      |          |                |              |                |       |
| 11  | Follicular |               |      |          |                |              |                |       |
| 12  | Follicular |               |      |          |                |              |                |       |
| 13  | Follicular |               |      |          |                |              |                |       |
| 14  | Ovulation  |               |      |          |                |              |                |       |
| 15  | Ovulation  |               |      |          |                |              |                |       |
| 16  | Ovulation  |               |      |          |                |              |                |       |
| 17  | Luteal     |               |      |          |                |              |                |       |
| 18  | Luteal     |               |      |          |                |              |                |       |
| 19  | Luteal     |               |      |          |                |              |                |       |
| 20  | Luteal     |               |      |          |                |              |                |       |
| 21  | Luteal     |               |      |          |                |              |                |       |
| 22  | Luteal     |               |      |          |                |              |                |       |
| 23  | Luteal     |               |      |          |                |              |                |       |
| 24  | Luteal     |               |      |          |                |              |                |       |
| 25  | Luteal     |               |      |          |                |              |                |       |
| 26  | Luteal     |               |      |          |                |              |                |       |
| 27  | Luteal     |               |      |          |                |              |                |       |
| 28  | Luteal     |               |      |          |                |              |                |       |