

MENSTRUAL CYCLE

HELP GIRLS TO TRACK IT

Some girls find it hard to articulate all that is going on in their cycle.

Encourage them to start with the basics and add more over time.

Encourage them to share their symptoms with a friend to open up the conversations.

If girls can understand their own unique cycle and how it affects them, they're better able to manage any symptoms and improve their training.

1. EXPLAIN WHY

Explain to girls how hormones can influence them physically and emotionally, and that it's possible to get to know your monthly cycle and how it affects you. Once girls know, they can do something about the stuff they don't like, and better enjoy the days they love!

2. EXPLAIN HOW

- Look ahead (to training / racing) so girls know what to expect and when
- Help them understand response to training / recovery
- Help girls to manage and be prepared on 'race day'

3. WHAT TO TRACK

Advise girls to track the following:

- First day of cycle
- How heavy is the flow of period?
- Physical symptoms (e.g. pain, bloating, fatigue)
- Mood and emotions (e.g. happy, sad, anxious, frustrated)
- Sleep (e.g. disrupted or good sleep)
- Appetite
- Energy levels
- Motivation to train
- Recovery (e.g. DOMS)

TRACKING SHOULD INCLUDE

Day 1
of cycle

Flow
light / medium /
heavy

Symptoms
emotional & physical

Sleep
light / medium /
heavy

GIRLS CAN ALSO TRACK

Training
volume, intensity,
type and quality

Motivation
for training

Diet
nutrition, hydration
and quantity

Recovery
time and issues

ROUTINE IS KEY

Encourage girls to get into a routine of tracking their cycle.

Do they notice a pattern forming over a few months?

Do they have days where they feel really good?

Are they aware of ways to improve their negative symptoms (if they have any)?

Sharing symptoms with a friend can help. Encourage girls to speak more openly about their menstrual cycle.

Let the girls know you're there if they need help and support with their menstrual cycle.

