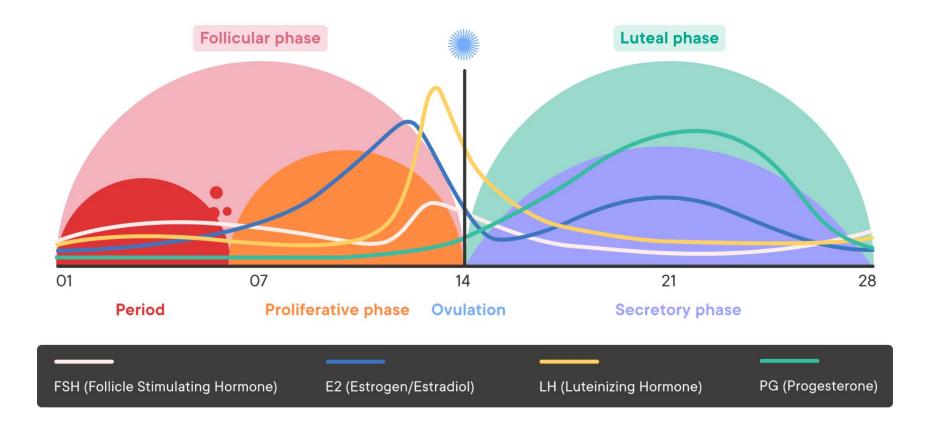
Fuel and Train
Smarter
Through Your
Menstrual Cycle:
A Plan for Peak
Endurance

SURPASS Human Performance Dr. Tara Dunne, BSc, MA, ND



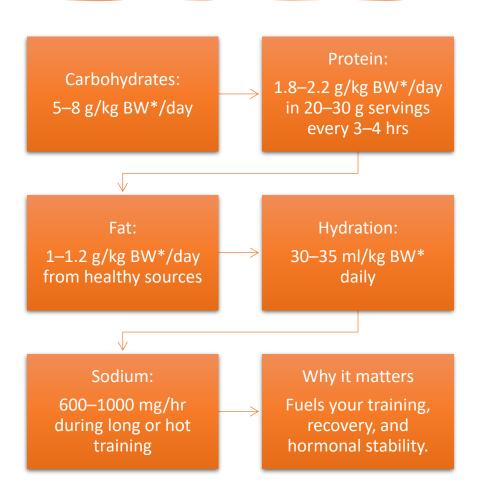
Complete Menstrual Cycle



Follicular phase = "Low hormone phase"

Luteal phase = "High hormone phase"

Daily Macronutrient Targets





Fuel for Your Hormones During Training

Low Hormone Phase

0.35g carbs/lb (or 0.77 g / kg) body weight/hr during training (in addition to daily macronutrient targets)

High Hormone Phase (Ovulation & 7 days before period):

0.45g carbs/lb (or 0.99 g / kg) body weight/hr during training (in addition to daily macronutrient targets)

Extra BCAAs + protein post-training (30–40g of protein within 30-60 minutes of completing exercise).

• Daily Protein: 1.8–2.4g/kg/day (higher end [2.2-2.4] during Luteal phase, heavier lifting, or menopause).

Train Smarter by Phase

- Follicular Phase (Days 1–14): Best time for high-intensity training: sprints, heavy lifting, HIIT. Higher energy, faster recovery.
- Luteal Phase (Days 15–28): Focus on low-to-moderate intensity: technique, endurance, mobility. Prioritize recovery—sleep, nutrition, active recovery.



Menstrual Cycle Adjustments

Follicular Phase (Day 1–14)

- "Low Hormone Phase"
- Increased carb sensitivity, so need less
- Fast glycogen recovery

Luteal Phase (Day 15–28)

- "High Hormone Phase"
- Increase sodium + hydration
- Increase protein and carbohydrates slightly
- Prioritize antioxidants





Key Takeaways

- Align training with your menstrual phase or life stage.
- Eat enough—fuel matches function.
- Recover hard to train hard.



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