

Sinking the Myth of Cycle Syncing

Have you heard that you should adjust your training plan to align with your menstrual cycle, and that there are optimal types of training for each phase?



Should you only do gentle yoga and walking right before your period, and only go for PR's during ovulation?

There is limited evidence that menstrual cycle phase impacts objective performance¹.



Power-related measures, such as maximum muscle contraction and explosive strength, are consistent across the menstrual cycle²



While some studies suggest there may be decreases in strength performance right before or at the start of menstruation, findings are inconsistent³



Both endurance activities and anaerobic activities (like sprinting or HIIT) do not significantly differ across the menstrual cycle³



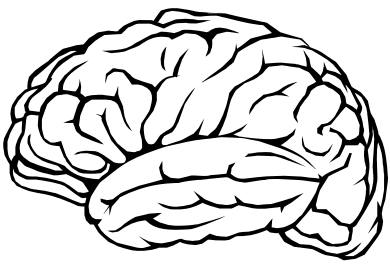
Are specific exercise modes optimal for each phase?



There is limited research on "cycle syncing." The few studies that exist have mixed results⁴⁻⁷.



Overall, there is not enough evidence to support general recommendation about switching training modes with your cycle.



Most people believe that performance is affected by their cycles, and report increased fatigue, irritability, and pain before or during menstruation^{3 8}, which may impact training. This suggests it is important to listen to one's body and adjust training accordingly.

There is benefit to listening to your own body. However, there is insufficient scientific evidence that you need to change your training based on menstrual phase if you don't want to. Information about cycle syncing is confusing at best and misleading at worst. Training and menstrual cycle recommendations should be unique to each person. Period.

For citations and additional resources, scan here:

