Optimal Period.
**Fuelling Training Around Your Cycle**

- During the luteal phase, your body may struggle to supply the necessary energy from stored carbohydrate — fueling before, during, and after training becomes vital for training and competition.

- The amount and timing of what and when to eat around training is the same throughout the cycle but not meeting these times may impact you significantly during the luteal phase.

- You may find that a lack of appetite or carbohydrate foods difficult to manage around training. Liquid carbohydrate options could be an alternative: smoothies, milkshakes, energy drinks, fruit juices, milk-based drinks.
Fuelling Training Around Your Cycle

- Include carbohydrate with meals and snacks across the day.
- Carbohydrate within 30 minutes of finishing training.
- High intensity or long sessions include carbohydrate during.
- Carbohydrate containing meal 4 hours before.
- Carbohydrate containing snack 2 hours before.
<table>
<thead>
<tr>
<th>3–4 hours Before Training</th>
<th>1–2 hours Before Training</th>
<th>During Training</th>
<th>After Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrate within your meal</td>
<td>Carbohydrate snack to top up <strong>or</strong> if it’s morning training then a smaller snack like this may be easier</td>
<td>High intensity &gt;45mins <strong>or</strong> Low intensity &gt;75mins you will need some quick releasing carbohydrate</td>
<td>Carbohydrate within 30minutes of finishing</td>
</tr>
<tr>
<td>Pasta, Rice, Bread, Potatoes, Couscous, Cereal, Oats, Crackers</td>
<td>Cereal bar, Banana, Malt Loaf, Crumpets, Jam Sandwich, Scotch pancakes</td>
<td>Gels, Sweets, Malt loaf, Banana, Energy drinks</td>
<td>Milkshake, Cereal, Yogurt &amp; fruit, Sandwich, Main meal</td>
</tr>
</tbody>
</table>
Recovery

The luteal phase mean levels of progesterone increase. Progesterone can cause protein to be broken down which may slow down recovery and reduce training adaptations.

To prevent this, you can aim for 20g of protein every 3–4 hours (simply speaking: include protein with every meal and snack).

You can also try having a milky drink before bed on days of intense training. This will support overnight muscle recovery.
10g Protein Options

- ½ pint of milk
- Handful of nuts
- 2 babybel
- 1 small yogurt
- Nut bar
- Hummus x 1 tbsp
- Cottage cheese x 1 tbsp
- Peanut butter x 2 tbsp
- Cheddar cheese x 30g
- Quorn mince x 2 tbsp

20g Protein Options

- Chicken breast
- Fish fillet
- ½ tin of fish
- Prawns x 3 tbsp
- ½ tin of beans on toast
- Soya mince x 2 tbsp
- Quorn x 4 tbsp
- Beef mince x 2 tbsp
- Beef/lamb slices x 3
- 3 eggs
Reducing inflammation

1. **Fruit & Vegetables:** as many portions as possible to increase antioxidant intake. To help get these portions here are some tips [Fruit and vegetables - how to get five a day | British Dietetic Association (BDA)]

2. **Oily fish:** Aim for 3–4 portions a week to meet your omega-3 requirements as these have been found to reduce inflammation: [The best sources of omega-3 | BBC Good Food]

3. **Wholegrains:** Wholegrains have also been associated with reduced inflammation. They also contain dietary fibre which will support with bloating and bowel symptoms:
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