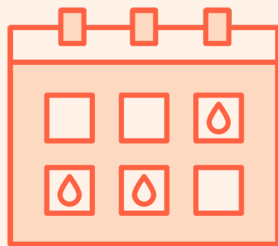


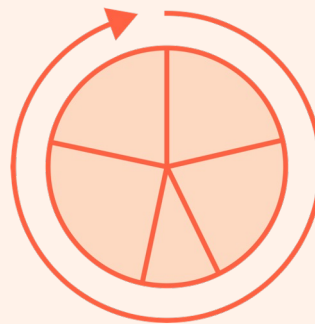


Optimal Period.

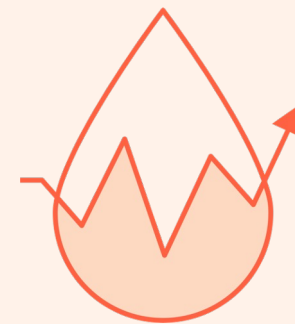
Fuelling Training Around Your Cycle



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

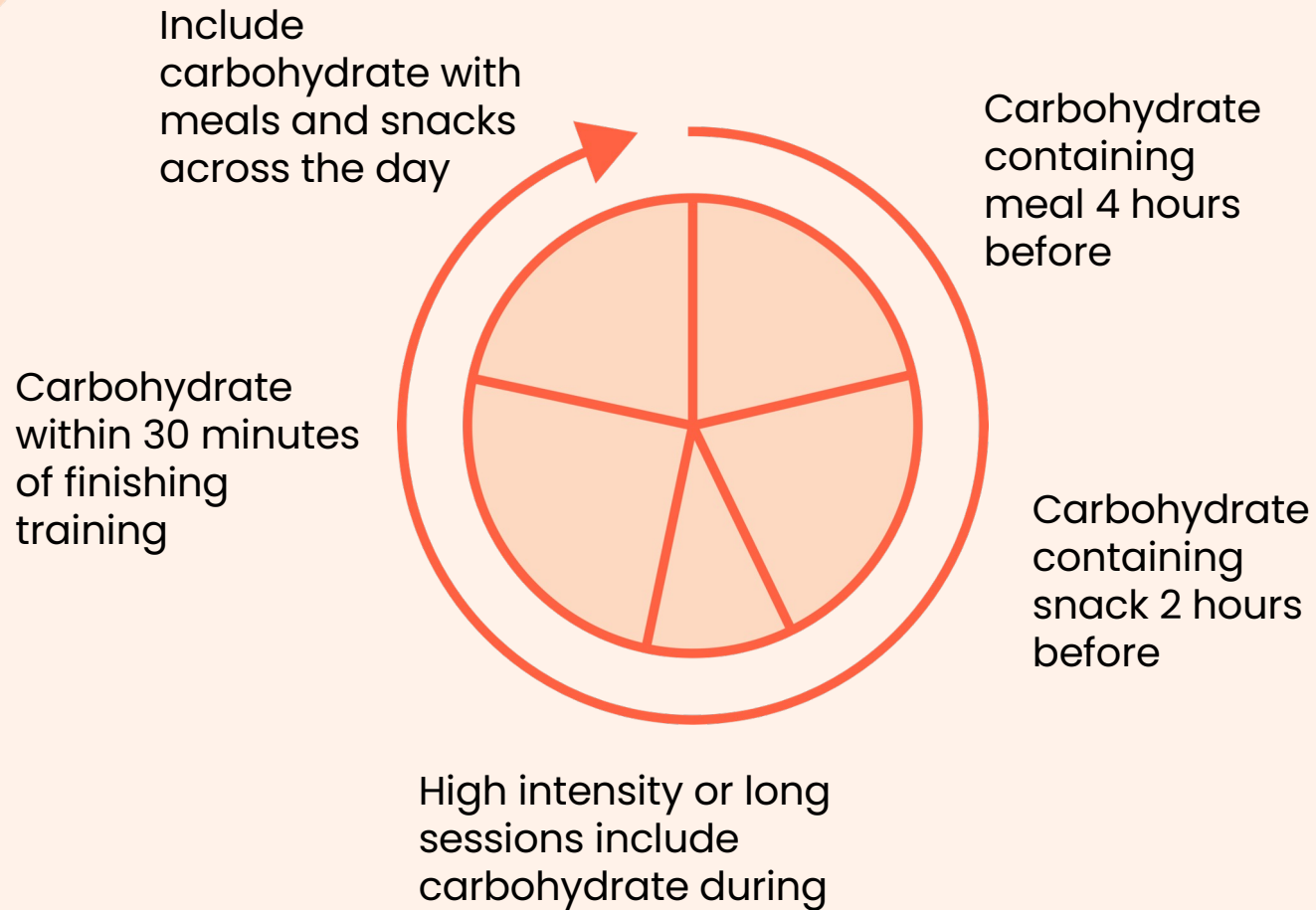


The amount and timing of what and when to eat around training is the same throughout the cycle but not meeting these times may impact you significantly during the luteal phase.



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



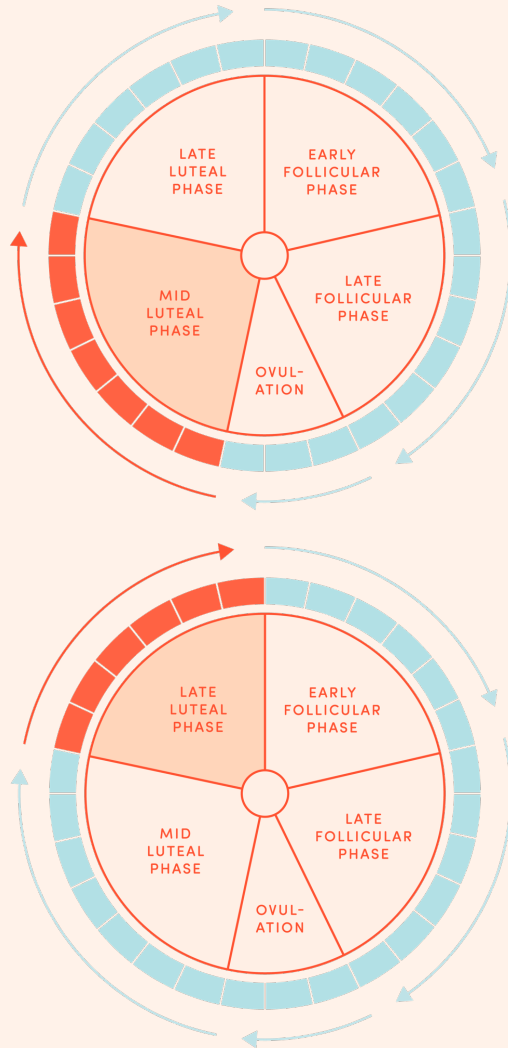
3-4 hours Before Training	1-2 hours Before Training	During Training	After Training
Carbohydrate within your meal	Carbohydrate snack to top up or if it's morning training then a smaller snack like this may be easier	High intensity >45mins or Low intensity >75mins you will need some quick releasing carbohydrate	Carbohydrate within 30minutes of finishing
Pasta, Rice, Bread, Potatoes, Couscous, Cereal, Oats, Crackers	Cereal bar, Banana Malt Loaf, Crumpets, Jam Sandwich, Scotch pancakes	Gels, Sweets, Malt loaf, Banana, Energy drinks	Milkshake, Cereal, Yogurt & fruit, Sandwich, Main meal

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
1tbsp

Cottage
cheese x 1bsp

Peanut butter x
2tbsps

Cheddar
cheese x 30g

Quorn mince x
2 tbsps

20g Protein Options

Chicken breast

Fish fillet

½ tin of fish

Prawns x
3tbsps

½ tin of beans on
toast

Soya mince x
2 tbsps

Quorn x
4 tbsps

Beef mince x
2tbsps

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:

Optimal Period

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