



BVSA

TRAIN HER LIKE A GIRL

COACH BELLA VIGELAND

HOLISTIC PERFORMANCE

MINI GUIDE

CYCLE SYNCING

A holistic training guide: **train
and fuel with your cycle, not
against it.**



● MENSTRUAL ● FOLLICULAR ● OVULATORY ● LUTEAL

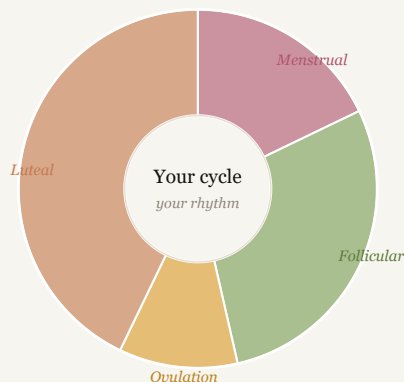
FREE GUIDE

MINI GUIDE

Cycle Syncing

A Holistic Training Guide for Female Athletes

Your body moves through a beautiful rhythm each month, and every phase brings its own kind of strength. Think of it as **four seasons in a month**. This guide is your simple map to that rhythm, helping you understand what's happening inside you and how to **train, fuel, and care for yourself** in tune with each phase. When you move with your cycle, your energy, recovery, and confidence all get to shine. It's one of the greatest superpowers you have as a female athlete.



Menstrual

WINTER

- Lowest energy, rest & restore
- Iron + warm, nourishing foods
- Gentle movement, extra sleep

Follicular

SPRING

- Energy rising, build & learn
- Vitamin C, greens, healthy fats
- HIIT, dance, new skills

Ovulation

SUMMER

- Peak power & confidence
- Fiber, zinc, antioxidants

Luteal

AUTUMN

- Winding down, fuel more
- Magnesium, complex carbs

BEFORE YOU TRACK

This Is Not a **Prediction**

It's a practice, and it's yours to learn

The day ranges on the cards you just saw, and in every guide like this one, are averages, not a schedule for your body. Not everyone has a 28 day cycle, yours could run shorter or longer, and the length of every single phase is different from person to person. That's not a flaw in the system, it's just how bodies work.

TRACK SYMPTOMS, NOT DAYS

The best thing you can do is stop predicting and start tracking. Notice your symptoms and how your body actually feels, physically, mentally, and emotionally, and let that tell you which phase you're in, not a calendar. Your body will tell you the exact phase it's in based on what you're feeling, if you learn to listen. Track for a few months and your own rhythm becomes obvious, and it will teach you more than any chart, including this one.

A NOTE ON MISSING OR IRREGULAR PERIODS

If your period is often late, very irregular, has stopped, or hasn't started by your mid teens, that is **not something to train around or push through**. In athletes it's usually a sign your body isn't getting enough fuel and rest for everything you're asking of it (a sign of low energy availability). It's your body asking for **MORE food and more recovery, never less**. Please talk to a parent and a doctor. Getting your cycle back is a sign of strength, not weakness.

KEEP GOING IN YOUR FREE PLAYER ACCOUNT

This guide is your map, your BVSA player account is where you actually learn

● PHASE 1 OF 4 • WINTER

Menstrual

Hormones lowest

Progesterone and estrogen are at their lowest and your body is resetting. Lower energy is completely normal, it is not you falling behind. This is a week to rest, restore, and refuel, not to force a personal best.

Move

Keep it gentle: slow walks, yin yoga, and light technical work, with plenty of rest. **Doing less IS the training.** Movement, even gentle movement, often eases cramps more than lying still does.

Fuel

Warm, easy to digest meals. Focus on **iron, protein, B vitamins, zinc, and omega 3s**: grass fed red meat, wild caught fish, beets, root veggies, dark leafy greens, avocado, and dark berries. Do not cut carbs because you feel bloated, that is water and hormones, not food.

Mind

Go inward: reflect, journal, and set quiet intentions for the month ahead. Give yourself grace, expect less and rest without guilt, this is a natural check in week, not a slump.

Care

● PHASE 2 OF 4 · SPRING

Follicular

Hormones climbing

Hormones start climbing again and your energy, mood, and focus rise with them. Your body recovers fast and your brain learns quickly, this is the best window of your whole month to build new skills and push a little.

Move

Bring the intensity: **HIIT, dance, hot yoga, barre**, and plenty of skill work. You pick up new patterns fast now, so this is the week to learn the new move, not just grind reps you already have.

Fuel

Fresh, lighter, colorful whole foods for gut health. Focus on **vitamin C, minerals, healthy fats, and probiotics**: broccoli, carrots, summer squash, citrus, pomegranate, lentils, and flax or pumpkin seeds.

Mind

Primed to learn: set goals, go after them, and step outside your comfort zone. Say yes to the thing that would normally feel intimidating.

Care

Be social and creative. Supportive teas like nettle, licorice root, or basil. Get outside, morning sunlight anchors your sleep for the

● PHASE 3 OF 4 • SUMMER

Ovulation

Peak power

Estrogen and testosterone peak and then drop. For a few days you are often strongest, fastest, and most confident, great for big games, testing, and PRs. It is also short, so use it on purpose instead of assuming it will last.

Move

Go for it: **weights, running, sprints, games, and PRs**. ACL aware: ligaments loosen now, so a real warm up, land and cut with control, matters more than usual.

Fuel

Plenty of fuel for your biggest days. Focus on **fiber, B vitamins, and zinc** with antioxidant rich foods: berries, leafy greens, asparagus, brussels sprouts, wild caught salmon, and brown rice. Appetite can dip right when you need it most, so eat on schedule, not on hunger.

Mind

Confidence and voice peak: lead, communicate, and take the big shot. This is the window for the hard conversation or the big ask, too.

Care

Ride the high, but still recover. Peak energy is no reason to skip

● PHASE 4 OF 4 · AUTUMN

Luteal

Progesterone rising

Progesterone rises and your energy gradually tapers. Cravings, appetite, and metabolism all go up, so your body needs **more food and rest**, and that is completely normal, not a lack of discipline.

Move

Wind down as your period nears: steady strength, vinyasa and yin yoga, nature walks, and lower resistance work. The last few days before your bleed are not the days to chase a personal record.

Fuel

Eat more, never restrict. Focus on **magnesium, B6, fiber, and complex carbs**: sweet potato, pumpkin, root veg, apples, dates, chickpeas, brown rice, dark chocolate, nuts, and seeds. If you want the chocolate, have it with a meal.

Mind

The inner critic can get loud. That is hormones talking, not the truth. Meet yourself with extra self compassion, and avoid judging your season, your body, or your friendships in the days right before your period.

Care