

Ultra Marathon Menstrual Cycle Tracker & Cheatsheet



MENSTRUAL CYCLE TRACKER

Day	Cycle Phase	Symptoms/Notes	Energy/Performance
1-5	Menstruation	Cramps: fatigue, low mood?	Take it easy, short run/walks
6-13	Follicular	Peak strength/ <u>motivation up</u>	Tempo, long run or key session
14-14	Ovulation	Mood dips, cravings, poor sleep ?	Prioritize recovery, nutrition

NUTRITION QUICK TIPS

- **Menstruation:** Focus on iron (lentils, seeds, greens), hydration, and anti-inflammatory foods.
- **Follicular/Ovulation:** Use higher carb intake for energy, up protein post-workout.
- **Luteal:** Add extra magnesium (nuts, bananas), eat small frequent meals if bloated, and don't restrict cravings.

Ultra Marathon Menstrual Cycle Tracker > thelostpace.com

Read the complete science-backed guide at:

<https://umit.net/ultra-marathon-training-menstruation/>