



# Optimal Period.

Here are some great links to help you better understand and manage your menstrual cycle:

Provided by Dr Natalie Brown, a climber and a research associate based at Swansea University and Sport Wales who believes periods should never be a barrier! Working for the Welsh Institute of Performance Science. She is exploring all things menstrual cycle and sport related.

How to manage PMS to perform optimally the week before your period:



Fueling your training and supporting your cycle:

How to fuel, when to fuel, protein intake, hydration, and supplements to help you optimise your cycle.



Help Natalie out - fill out the Climbing and the Menstrual cycle survey

Start here: Menstrual Cycle 101 - get the low down on the whole process.

Length, regularity, hormones, stages, and getting to know your pattern.



Critical Study : Understanding Female Athlete's experiences and perceptions of the menstrual cycle.

WILEY

Top Cited Article 2021-2022



Congratulations to:

Natalie Brown

whose paper has been recognized as a top cited paper\* in:

SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS

Elite female athletes' experiences and perceptions of the menstrual cycle on training and sport performance

\*Among work published in an issue between 1 January 2021 - 15 December 2022.



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