

Menstrual cycle phase effects on performance and fatigue of team sport athletes

ACTRN12621000425897

Status	RECRUITING
Sponsor	University of South Australia
Enrollment	40 participants

Plain Language Summary

Female athletes experience the same hormonal fluctuations throughout the menstrual cycle that affect energy, strength, and recovery — yet training programmes are rarely designed with this in mind. This study investigates whether physical performance and fatigue levels vary depending on where a female athlete is in her menstrual cycle, looking at jump height, leg strength, and a 1500-metre treadmill run.

You may be eligible if you are a female, aged 18 to 45, who plays a field-based team sport (such as football, hockey, or netball), has a regular menstrual cycle of 21–35 days, and has not used hormonal contraception in the last three months. Women who are amenorrhoeic, perimenopausal, or whose cycles are irregular are not eligible.

Participants will complete performance and fatigue assessments at multiple points across their menstrual cycle. Researchers will also look at whether how tired you feel correlates with objective measures of tiredness. The findings could help coaches and sport scientists make more informed decisions about training loads, recovery, and performance monitoring for female athletes.

Key Eligibility Criteria

Inclusion (6)

- Female
- Field-based team sport athlete
- Aged 18 to 45
- Menstrual cycle length between 21 and 35 days (eumenorrhoeic)
- Considered low risk to exercise based on pre-exercise screening tool
- ... and 1 more (see full listing online)

Exclusion (6)

- Amenorrhoeic (have never menstruated or have not menstruated for last 3 months)
- Perimenopausal or menopausal
- Polymenorrhoeic (menstrual cycle length less than 21 days)
- Oligomenorrhoeic (menstrual cycle length more than 35 days)
- Hormonal contraceptive use in last three months
- ... and 1 more (see full listing online)

Locations (1 total)

SA, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12621000425897>

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