

The Impact of the Menstrual Cycle on Physical Exercise and Performance

NCT05697263

Status	RECRUITING
Phase	Not Applicable
Sponsor	Karolinska Institutet
Enrollment	111 participants

Key Eligibility Criteria

Inclusion (3)

- Women exercising at least 3-4 times a week on a high level
- Regular menstrual cycle with 26-32 cycle days.
- Fully healthy and be able to follow the training program.

Exclusion (5)

- Hormonal contraceptive users,
- Users of regular medication
- Chronic disease
- Past or present neurological disorder
- Recent musculoskeletal injury

Locations (1 total)

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