

Timing of Energy Availability on Menstrual Cycle Function

NCT06471582

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Colorado, Colorado Springs
Enrollment	64 participants

Key Eligibility Criteria

Inclusion (8)

- participates in structured running or cycling exercise for at least 30 minutes on 3 or more days per week
- accustomed to exercising for 90 minutes or more
- has regular periods every 21-35 days
- have not taken hormonal contraceptives for at least the past 6 months
- is not currently or trying to become pregnant or breastfeeding, and has not been pregnant or breastfeeding in the past 12 months
- ... and 3 more (see full listing online)

Exclusion (10)

- miss more than 7 consecutive days of aerobic activity (i.e., running, cycling, cross training)
- demonstrate clinical low energy availability as defined as energy availability <30 kcal/kg fat free mass
- report menstrual cycle lengths <21 or >35 days in the first 2 months of at-home monitoring
- do not demonstrate an anticipated rise in luteinizing hormone and progesterone in the first 2 months of at-home monitoring
- begin taking a hormonal contraceptive
- ... and 5 more (see full listing online)

Locations (1 total)

William J. Hybl Sports Medicine and Performance Center, Colorado Springs, Colorado, United States