

# **The menstrual cycle and exercise performance**

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## **Abstract**

The fluctuations of sex steroid hormones – oestrogen and progesterone – have potential effects on the exercise capacity and physical performance of females during the menstrual cycle. They increase with higher work rates. Hormone level changes may lead to either improved or diminished physical performance at different times throughout the menstrual cycles.

Intense training and prolonged physical exercise, especially in hot and humid conditions, have a potentially negative effect on the menstrual cycle.

**Key words:** menstrual cycle, exercise performance, oestrogen, progesterone.