TRAINING LOAD & MENSTRUAL FUNCTION IN FEMALE TEAM SPORTS



Be a part of a PhD research exploring how training load, recovery and menstrual health interact in female team sport athletes

ELIGIBILITY

- **Female team sport athletes** (recorded female at birth)
- **Age:** 18-40 years old
- **Competitive level:** provincial, national, professional or equivalent (≥ tier2)
- **Naturally menstruating** - no hormonal contraceptive usage

BENEFITS

- Gain insights into your menstrual profile and how it responds to training.
- Receive a NZD $100 token of appreciation at the end of the study.
- Your input will help understand if menstrual function is impacted by training load.

WHAT'S INVOLVED

- Gold Standard Menstrual Tracking
- Training Load Tracking
- Low Energy Availability (LEA) tracking

TIME COMMITMENT

- 1-month pre-screening of your menstrual status (~2 hours over the whole month)
- 3-months tracking of your menstrual cycle + training load

~10 hours total across 4 months

HOW TO PARTICIPATE

1. **Scan the QR code to access and read the study infomation.**
2. **Email Surabhi at yhm8293@aut.ac.nz and we will get back to you.**

Scan:

OR Click HERE



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