

## **FEMALE CYCLE INFORMED COACH**

- **Learn from International Master Trainer Skye Sunderland, who has over a decade of fitness experience.**
- **Understand the unique physiology of women and the impact of hormonal fluctuations on training, recovery, and nutrition.**
- **Learn how to design programs aligned with the menstrual cycle to enhance performance, reduce PMS symptoms, and optimise recovery**
- **Credits: NASM 1.4 CEU, ACE TBA**

### **COURSE OBJECTIVES**

- Design and deliver personalized coaching programs for female clients by integrating training, nutrition, and recovery strategies tailored to the menstrual cycle.
- Participants will gain in-depth knowledge of the anatomical and physiological differences between men and women, equipping them to optimize results for female clients.

### **WHAT THIS COURSE IS ABOUT**

The Cycle Informed Coach course, certified by True Technique, equips fitness professionals with the knowledge to optimize training, nutrition, and recovery for female clients by integrating menstrual cycle physiology and female-specific anatomy into coaching. Learn how hormonal fluctuations impact performance, metabolism, and adaptation—and how to structure programs that align with each phase of the cycle to enhance results, improve recovery, and even reduce PMS and other menstrual symptoms.

### **WHO WILL BENEFIT FROM TAKING THIS COURSE**

This course is designed for personal trainers, fitness coaches, and enthusiasts who:

- Aim to improve outcomes by understanding how the menstrual cycle impacts results.
- Want to apply advanced coaching strategies tailored to the unique needs of women.
- Need practical tools to manage and prevent menstrual related challenges including cravings, recovery deficits, fatigue, mood swings, and more.
- Seek evidence informed strategies to enhance training adaptations across the menstrual cycle.
- Strive to bridge the gap in the fitness industry by implementing strategies designed specifically for women, rather than relying on methods based on male research.

## **PRE-REQUISITE**

This course is designed for fitness professionals, personal trainers, strength coaches, and health practitioners who want to deepen their understanding of female-specific training and physiology. A basic knowledge of exercise science and program design is recommended but not required.

## **COURSE OUTLINE**

1. Female Anatomy & Physiology
2. Understand The Menstrual Cycle
  - 2.1. Phases of menstrual cycle, variability, flow & intensity
  - 2.2. Hormones of the Menstrual Cycle & factors influencing
  - 2.3. Menstrual Disorders
  - 2.4. Assess Menstrual Cycle & Health Markers
  - 2.5. Tracking the Menstrual Cycle
3. Training Considerations
  - 3.1. Gender differences in training adaptations
  - 3.2. Menstrual Cycle impact on training outcomes
  - 3.3. Effective Training programs for female athletes
  - 3.4. Movement Assessment for Programming
4. Cycle-Specific Nutrition
  - 4.1. The Menstrual Cycle Impact
  - 4.2. Energy Requirements & Calorie Intake
  - 4.3. Nutrition According to Goals
  - 4.4. Gut- Hormone Connection
  - 4.5. Blood Sugar regulation
  - 4.6. Preventing Menstrual Symptoms
  - 4.7. Nutrient Timing & Fuelling for Performance
  - 4.8. Creating Cycle-Informed Nutrition Support
5. Optimising Recovery across the Menstrual Cycle
  - 5.1. Circadian Rhythm
  - 5.2. Stress Management & breath work
  - 5.3. Hydration for Recovery
  - 5.4. Recovery Modalities
6. Designing Effective Programs
  - 6.1. Programming across the menstrual cycle
  - 6.2. A Cycle-Informed Program
7. Empowering Female Clients
  - 7.1. Hormone Influence on Coaching Methods
  - 7.2. Hormonal Influence on Mindset
8. Case studies

## CLASS PLAN

### Day 1: Foundations of Female Anatomy, Physiology & Coaching Framework

#### **8:30 AM - 9:00 AM** Introduction to the Course

- Overview and objectives of The Cycle-Informed Coach course.
- Why understanding female anatomy, physiology and the menstrual cycle is crucial for coaching. Why I designed this course and introduce myself.

#### **9:00 AM - 10:30 AM** Module 1: History of Women in Sport, Fitness, and Clinical Trials

Evolution of women's participation in sports and fitness.

- The gender gap in sports science research.
- How exclusion from research impacts female training and nutrition recommendations. Applying The Female Specific Method

#### **10:30 AM - 11:30 PM** Module 2 (Part 1): Introduction to Female Anatomy & Physiology

Key physiological differences between men and women

- The skeletal system
- Muscle, Fascia, Respiratory, and Circulatory System

#### **11:30 PM - 12:00PM** Practical Gym Floor

- Assessing female specific differences

#### **12:00 PM - 1:00 PM** Lunch Break

#### **1:00 PM - 2:30 PM** Module 2 (Part 2): Female Reproductive & Endocrine Systems The female reproductive system

- The endocrine system and its role in female physiology
- The role of hormones

#### **2:30 PM - 3:30 PM** Module 3: The Menstrual Cycle

- Phases of the menstrual cycle and their physiological effects
- Common symptoms and disorders and their impact on training and performance
- How to prevent symptoms and improve performance through an evidence-informed approach

#### **3:30 PM - 4:30 PM** Practical: Tracking & Discussion

- Tracking the menstrual cycle and symptoms
- Recognizing signs of cycle-related programming challenges

## Day 2: Training, Nutrition & Recovery Strategies

**8:30 AM - 9:30 AM** Module 4: Training Considerations Across the Cycle Adjusting intensity, volume, and recovery needs.

- Strength, endurance, and power fluctuations during the cycle. Modifying training based on symptoms and hormonal profiles.

**9:30 AM - 10:30 AM** Practical Gym Floor:

- Performing female specific posture and movement assessments Programming for imbalances & dysfunction

**10:30 AM - 12:00 PM** Module 5: Cycle-Informed Nutrition

- Female specific caloric intake for different phases. Macronutrient and micronutrient needs throughout the cycle.
- Common deficiencies and performance supplementation strategies.

**12:00 PM - 1:00 PM** Lunch Break

**1:00 PM - 1:45 PM** Module 6: Optimizing Recovery Across the Menstrual Cycle Sleep, stress management, and inflammation considerations.

- Recovery techniques: Active recovery, de-loading, and mobility work. How hormonal fluctuations affect injury risk and healing.

**1:45 PM - 2:30 PM** Practical: Gym Floor Stress Assessment

- Breath-work techniques for stress management and symptom prevention

**2:30 PM - 3:00 PM** Module 7: Designing Effective Programs for Female Clients Periodization strategies tailored to menstrual cycles.

- Long-term planning and progression.

**3:00 PM - 3:30 PM** Module 8: Empowering Female Clients Coaching communication strategies.

- Addressing common myths and misconceptions about women's training. Creating sustainable habits and building confidence.

**3:30 PM - 4:00 PM** Practical Gym Floor:

- Programming for example female client or self

**4:00 PM - 4:30 PM**

- Q&A / Closing Discussion
- Final reflections and takeaways Certification process and next steps Group photo & networking

## **COURSE AIMS AND OUTCOMES**

By the end of this course, participants will:

- Understand the physiological and anatomical differences between men and women and their impact on training, recovery, and injury risk.
- Learn how hormonal fluctuations across the menstrual cycle affect metabolism, energy levels, strength, endurance, and recovery.
- Develop the skills to design training programs that align with each phase of the cycle to optimize performance and adaptation.
- Gain insights into nutrition strategies that support female physiology, hormone balance, and recovery.
- Learn how to adjust training intensity and volume to prevent burnout, overtraining, and PMS-related setbacks.
- Identify common female-specific challenges such as hypermobility, the Q-angle, and increased ACL injury risk, and how to modify training accordingly.
- Understand the impact of hormonal contraception, perimenopause, and other life stages on training and adaptation.
- Gain confidence in coaching female clients with a science-backed, individualized approach that enhances results and well-being.
- Earn an internationally recognized Cycle Informed Coach certification, expanding career opportunities and credibility in the industry.

## **YOU WILL RECEIVE:**

- Course Manual (On Course Day)
- Access to Course Material (manual, questionnaires, resources, and group chat) via the Female Specific Training App
- Certificate of Attendance

## **DRESS CODE**

Fitness Attire

## **WHAT DO I NEED TO BRING**

- Laptop/Tablet
- Pen (for drafting notes on the course manual, or have course manual on editable version on tablet)
- Client or self-profiles (training, nutrition, recovery, and menstrual cycle status - we will run through programming for this client or yourself on the day)

## EDUCATOR



**Skye** | Skye is a globally recognized educator and the founder of Female Specific Training. With years of experience coaching and educating fitness professionals worldwide, she is the creator of The Female Specific Method™, a science-backed approach that optimizes training for women based on their unique physiology, anatomy, and hormonal cycles.

Frustrated by the lack of female-focused research in the fitness industry, Skye dedicated herself to bridging the gap—diving into studies, refining her methods, and developing evidence-based strategies that truly work. Today, she runs a thriving women-only gym and travels the world, teaching coaches how to deliver results-driven, female-specific training. When you learn from Skye, you're not just gaining knowledge—you're equipping yourself with cutting-edge expertise that will set you apart as a fitness professional. Join her certification course and become the kind of coach who truly understands and empowers female clients.