



### Phase I

Body is predominantly using carbohydrates to fuel exercise. Increased inflammatory response. Lower neuromuscular control.

### Phase II

Increase in energy, alertness, and positivity, and pain threshold. Muscles recover better from exercise. Peak power is at its highest. Ligament laxity.

### Phase III

Wide-ranging shifts in the body. Increasing hunger, blood sugar is less stable, increase in muscle breakdown, and higher demand for amino acids. Body temperature higher.

### Phase IV

PMS symptoms may occur. Body starts shifting back to using carbohydrates for fuel. Potential increase in the inflammatory response. Sleep disruption.



If you bleed, have your plan for managing it to reduce stress & distraction.

Potential increase in energy, pain threshold, and alertness & positivity.

Potential increase in emotion & empathy; create positive communication team.

Have a plan to manage stress to help decrease PMS symptoms.



Your body is predominantly using carbohydrates to fuel exercise during this phase; have a lot of complex carbs and anti-inflammatory foods.

Include collagen and vitamin C in your fueling strategy; high-quality protein, eggs, avocado, citrus fruits, peppers, and green veggies.

Eat more of everything Include complex carbs in meals and snacks for stable blood sugar. Fat is your primary fuel source for exercise.

Decrease the amount of saturated fats in your diet. Up your intake of fruits and veggies. Have a lot of complex carbs and anti-inflammatory foods.



May need more time on activation exercises.

Ligaments need a little extra support; extensive warm up that gradually moves into change of direction.

Body temperature higher - manage so you don't overheat.

Include mobility and core with deep breathing.



Manage inflammation during travel and between days of play.

No special recommendations for recovery.

Be proactive about cooling strategies. Protein & carbs within 30 minutes of playing for muscle recovery.

Include mobility, stretching, deep breathing. Be proactive about getting good sleep.