

FENDURA

THE FEMALE ENDURANCE ATHLETE PROJECT

DOES THE MENSTRUAL CYCLE AFFECT TRAINING AND RECOVERY?

Now recruiting endurance trained females to participate in an exciting research project investigating how the menstrual cycle affects endurance training and recovery.



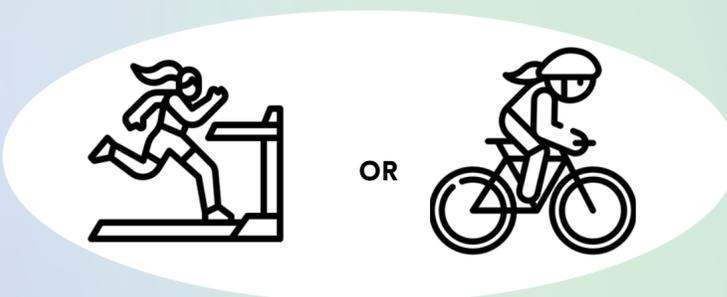
YOU WILL...



Track your menstrual cycle and training



Use an at-home ovulation test x 3 menstrual cycles



Complete 3 x low intensity and 3 x interval sessions in the different phases of the menstrual cycle + 1 pre-test session (7 sessions total)

ARE YOU...

- ✓ **TRAINING IN AN ENDURANCE SPORT**
Running, cycling, XC ski, biathlon, triathlon, orienteering...
- ✓ **NOT USING HORMONAL CONTRACEPTIVE**
- ✓ **HAVING REGULAR MENSTRUAL CYCLE**
21-35 days
- ✓ **AGE 17-40**

Test Centres in:
Oslo, Trondheim,
& Tromsø

YOU RECEIVE...

- Free laboratory testing and test reports (Lactate threshold and VO₂max test + hormone profile)
- Discount in Polar webshop
- Gain better understanding of your body and menstrual cycle

+ *contribute to advancing our understanding of the female athlete!*



TESTING STARTS
December 2022
or
January 2023



SCAN FOR MORE INFO

ARE YOU INTERESTED?

for more information contact:
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UiT The Arctic University of Norway

