

## **ABSTRACT**

**Title:** Effects of menstrual cycle on sports performance

**Objectives:** The goal of this thesis is to detect possible effect of current menstrual phase on womens sports training. It aims to contribute to possible individual approach to the training and suggest the options on how to adjust it based on a current menstrual phase of the charge. This paper is a pilot project for my master's thesis.

**Methods:** Search of monograph which pursue issue of menstrual cycle.

**Results:** Menstrual cycle does not affect sports training significantly, however minor effects were identified. It is mainly development of power abilities during the follicular phase. Compared to the luteal phase, the power performance was observed to be improved. Another worth mentioning finding is increased injury occurence during the follicular phase of menstrual cycle.

**Keywords:** menstrual phases, hormones, pathology of the menstrual cycle, physical performance

