

## **Abstract**

- Title:** The influence of the menstrual cycle on the track and field athletic performance of top athletes
- Objectives:** The main goal of the bachelor's thesis is based on information gathered by the study of foreign and domestic sources to describe whether and to what extent the menstrual cycle and its individual phases affect the athletic performance of top athletes in training and competition. The secondary goal is to de-taboo the issue, to offer not only female athletes and their coaches ways to make the most of the natural cyclicity of female athletes, to draw attention to serious health complications resulting from insufficient erudition about the issue.
- Methods:** An overview study based on a search of foreign language and domestic articles and monographs dealing with the issue of the menstrual cycle in top athletics, resp. in elite sports for the period 1991-2022.
- Results:** Based on a survey study of a total of 22 foreign-language and 57 Czech sources, it can be stated that we encounter more specific issues of the menstrual cycle in women's elite sports in foreign-language literature than in domestic. Foreign authors come up with more controversial hypotheses and embark on more controversial research, the results of which are often very surprising. On the other hand, Czech-speaking authors obviously also have an awareness and interest in the issue, but so far we have not received such attention. However, only a fraction of the available resources (7) are devoted to top athletes, so I used the results of research, which was somewhat generalized to all top athletes, when searching for materials for this bachelor's thesis. The results of the overview study on the assigned topic can be simply summarized in one sentence; The menstrual cycle affects the athletic performance of each athlete to a different extent. Every top athlete,

and therefore a top athlete, should learn to know her menstrual cycle and its effect on her body, along with the possibility of relief from possible accompanying discomfort. The trainer should take the cycle into account when planning the training. It is advisable to monitor the cycle and record it in the training diary.

**Keywords:** track and field athletics, menstrual cycle, menstruation in sport, women's sport, menstrual disorders, amenorea, dysmenorea

