



St Mary's
University
Twickenham
London

The effects of the menstrual cycle and hormonal contraceptives on training volume and intensity in endurance runners

With this information sheet you are being invited to take part in a research study. Before making a decision about whether you would like to take part, it is important for you to understand why the research is being done and what it will involve. Please take the time to read the following information carefully, if there is anything that is not clear, you do not understand, or would like more information on, please do not hesitate to ask.

The purpose of this study is to investigate if menstrual cycle phase, related symptoms and/or hormonal contraceptives affect training intensity, load and adherence to training in endurance runners.

The study is looking to recruit pre-menopausal women of all running abilities. If you are currently 18 years or older and run a minimum of twice a week you will be eligible for the study. Participants who are currently pregnant, breast feeding or post-menopausal unfortunately will not be eligible for the study.

If you decide you would like to take part, you will first be required to complete a 10-minute questionnaire in relation to your current training status, and your menstrual cycle, exercise and contraceptive history. Following the questionnaire, you will be asked to track your daily menstrual cycle symptoms and all training sessions for a 16 week period using two free smart phone applications - Strava® and Fitwoman. These smart phone applications are free to download and available on both Apple and Android devices. The data collected will be kept anonymous, and only be available to be viewed by the research team.

Participation in this study is voluntary and you can withdraw at any point. All data collected will be kept strictly confidential and held in a secure location. During the write up of the investigation, or if the data is used for publication in a scientific journal or during a conference, you will not be identified at any point.

This study is being organised by Emily Bowring, Dr Jamie Tallent, Dr Jessica Hill, Dr Charles Pedlar, Dr Georgie Bruinvels and Emily Cushion, at St Mary's University, Twickenham. For further information please do not hesitate to contact Emily Bowring at 204692@live.stmarys.ac.uk. Thank you for taking the time to consider your involvement in this study.