

## PERIMENOPAUSE VS POST-MENOPAUSE: HOW YOUR TRAINING SHOULD CHANGE



K A T E I V E Y  
F I T N E S S

Area	Perimenopause	Post-Menopause
<b>Hormones</b>	Hormones fluctuate significantly. Oestrogen rises and falls unpredictably.	Hormones are more stable but oestrogen is consistently low.
<b>How You Might Feel</b>	Energy, motivation and recovery can vary week to week. Some weeks feel great, others harder.	Energy can feel steadier, but recovery may take longer and muscle loss can occur more quickly without training stimulus.
<b>Training Focus</b>	Build strength, maintain muscle, include intensity and support recovery during hormone fluctuations.	Maintain muscle and bone density, protect metabolic health and prioritise recovery.
<b>Strength Training</b>	Lift heavy 2–4 times per week to support muscle and metabolic health.	Continue lifting heavy to maintain muscle mass and bone strength.
<b>Intensity</b>	HIIT and SIT are both effective as oestrogen fluctuations still allow higher stress tolerance at times.	SIT (short, powerful intervals) is often better tolerated than longer HIIT sessions.
<b>Impact Training</b>	Jumping, skipping or plyometrics help support bone density.	Power and impact training remain important to protect bone and muscle function.
<b>Recovery</b>	Recovery needs increase as hormones fluctuate. Periodisation becomes important.	Recovery becomes even more important as cortisol sensitivity increases.
<b>Motivation Strategy</b>	Energy and mood may fluctuate — training with others helps with consistency.	Following a structured plan and staying social helps maintain motivation.
<b>Key Training Strategy</b>	Periodisation works well (e.g. 2–3 weeks building intensity, 1 week active recovery).	Focus on quality over quantity, with strategic intensity and adequate recovery.
<b>Primary Goal</b>	Build and preserve muscle, maintain power and manage hormonal fluctuations.	Maintain strength, bone density, mobility and independence as you age.