



SPÓRT ÉIREANN
SPORT IRELAND

Menopause and Physical Activity Webinar
Friday 10th March
12-1pm



menopause_coach_irene
www.menopausecoach.ie

#WISWEEK2023



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CHALLENGES?



MUSCLE LOSS



BONE DENSITY



POWER



SPEED



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WHAT'S THE SOLUTION?



**STRENGTH
TRAINING**



PLYOMETRICS



**SPRINT INTERVAL
TRAINING**



CARDIO TRAINING



GETTING FIT FOR CARDIO PRE- MENOPAUSE

➔ WHAT - ↑ AEROBIC FITNESS

➔ HOW - ↑ MITOCHONDRIA

➔ PROCESS DRIVEN BY
ESTROGEN

➔ WHAT - LONG SLOW
RUNNING / CYCLING

DISTANCE	% AEROBIC	% ANAEROBIC
MILE	80	20
5KM	84	16
10KM	90	10
HALF MARATHON	97.5	2.5
MARATHON	99.5	0.5



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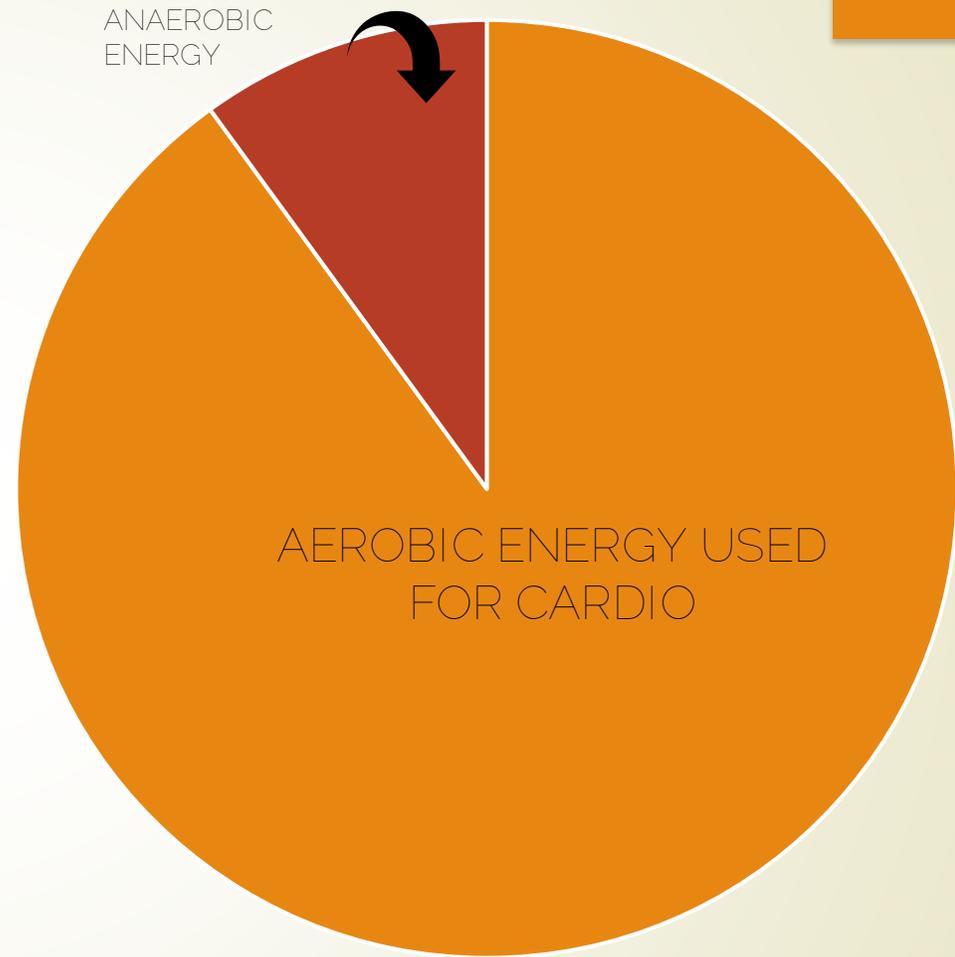
GETTING FIT FOR CARDIO PERI/ POST MENOPAUSE

HOW – MAINTAIN ENDURANCE

NEW STIMULUS NEEDED TO
REPLACE ESTROGEN

WHAT – SPRINT INTERVALS /
PLYOMETRICS

LONG SLOW DISTANCE NOW ↑
INFLAMMATION ↑ FATIGUE ↓
MUSCLE MASS- EXERCISE IS
HARD





STRENGTH TRAINING

HEALTH



PERFORMANCE



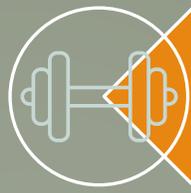
- Muscles
- Bones
- Balance
- Strength
- Joint stability

- Builds Capacity-
can perform
longer/harder
- Injury resilience
- Time to fatigue
- Stronger
body-better form



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WHAT IS STRENGTH TRAINING – ACTIVITIES THAT INCREASE OVERALL STRENGTH



LEVEL 1 – AIR SQUAT



LEVEL 2 – AIR SQUAT WITH 1 WEIGHT



LEVEL 3 – AIR SQUAT WITH
HEAVIER WEIGHTS OR 2
WEIGHTS



LEVEL 4 BARBELL SQUAT

TECHNIQUE FIRST THEN LOAD

WHAT COULD A STRENGTH TRAINING PROGRAM LOOK LIKE?



5 X 5 SQUATS



5 X 5 LAT PULL DOWNS



5 X 5 HIP THRUSTS



5 X 5 BENCH PRESS



5 X 5 DEADLIFTS

WARM UP FIRST,
60-90 SECS REST,
EFFORT 8/10



PLYOMETRICS



POWER



INCREASES BONE DENSITY



INCREASES EXPLOSIVE SPEED



BETTER REACTION TIMES



IMPROVES MUSCLE POWER





EXAMPLES OF PLYOMETRICS



LOWER BODY

Skipping, squat jumps, jumping jacks, depth jumps, lunge, box jumps



UPPER BODY

Medicine ball slams, Plyo push ups, chest pass, overhead throw



RUN SPECIFIC DRILLS

Pogo's, SL hops, Lateral hops, bounds

TAKE 5 EXERCISES YOU CAN DO
40 SECS ON/ 20 SECS OFF
REPEAT X 2 = 10 MINS

GUIDELINE – 3X10 MINS PER
WEEK



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SPRINT INTERVAL TRAINING



SPEED

- ↑ INCREASES MUSCLE MASS
- ↑ INCREASES CARDIOVASCULAR FITNESS
- ↓ DECREASES FAT STORAGE VITAL ORGANS
- ↑ INCREASED INSULIN SENSITIVITY = BETTER WEIGHT MANAGEMENT
- ↑ CHANGES BODY COMPOSITION

EACH SESSION SHOULD BE 30
MINS MAX INCLUDING A WARM
UP- EFFORT LEVEL 90-100%



EXAMPLES OF SIT



IN GYM

21 KETTLEBELL SWINGS, 21 KB
SQUATS, 15 SWINGS, 15 SQUATS, 12
SWINGS, 12 SQUATS



STATIONARY BIKE/ROWER

WARM UP 5 MINS 30 SECS HARD, 1
MIN EASY X 5, 40 SECS HARD, 1 MIN
EASY X 3



RUNNING/ WALKING

10*100M SPRINTS INTO YOUR SESSION



SWIMMING SPRINTS



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FUNCTIONAL TRAINING

PELVIC FLOOR

CORE

MOBILITY

MOVE BETTER, REDUCE
JOINT ACHES & PAINS

MOVEMENT



START WHERE YOU ARE

EVERY 3RD WEEK REDUCE
THE VOLUME & INTENSITY
OF YOUR EXERCISE TO
ALLOW FOR FULL
RECOVERY

TRAINING TEMPLATE FITNESS



STRENGTH – 1-2 PER
WEEK

* CAN INCLUDE
PLYOMETRICS

SIT – 1 PER WEEK.

* CAN INCLUDE
PLYOMETRICS

LOW INTENSITY
CARDIO – EASY
RUNNING/ CYCLING/
SWIMMING

1-2 PER WEEK

RESTORATIVE MOVEMENT –
GENTLE YOGA / WALKING/
MOBILITY

AS OFTEN AS YOU ENJOY



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CASE STUDY RUNNER

TRAINING WEEK MENOPAUSE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	10 MIN RUN WARM UP WITH STRIDES HEAVY STRENGTH TRAINING	PLYOMETRICS SPRINT INTERVALS	REST / RECOVERY	TEMPO STEADY RUN OR HEAVY STRENGTH TRAINING / 15 MIN SIT	REST	LONG RUN PLYOMETRICS (10 MINS)	REST
TIME	45 MINS	45 MINS		45-60 MINS		60-120 MINS	
EFFORT	HARD	HARD		MEDIUM		EASY	EASY





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STEP BACK WEEK

WHY BOTHER?

1. NO ESTROGEN -
TAKES YOUR MUSCLES
LONGER TO RECOVER
FROM EVERY EXERCISE
SESSION



2. YOU GET FASTER,
FITTER, AND
STRONGER IN THE
RECOVERY PERIOD
NOT IN THE EXERCISE
PERIOD



MORE TRAINING IS
NOT BETTER. BETTER
TRAINING IS BETTER



3. IT'S A MENTAL AND
PHYSICAL BREAK
4. FOR PERFORMANCE
EDGE WE NEED TO
TRAIN SMART, NOT
HARD



EXERCISE IN MENOPAUSE



INTRODUCE
STRENGTH EXERCISE



INCREASED
RECOVERY TIME
POST EXERCISE



LESS LONG SLOW
ENDURANCE
TRAINING MORE
SIT



INTRODUCE
FUNCTIONAL
TRAINING



INTRODUCE
PLYOMETRICS



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QUESTIONS? / FEEDBACK



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