

PERIMENOPAUSE TRAINING ESSENTIALS

BY BREE ARGETSINGER
AKA COACH BETTY ROCKER



When it comes to supporting our hormones in perimenopause, we want to focus on helping to bring them into balance, and reducing our stress response.

The Stress Response and Cortisol

In perimenopause, declining levels of progesterone mean we don't have as much of a buffer for our cortisol response. While cortisol is an important hormone that we need, when it's elevated too much it can promote fat storage and muscle loss.



Since working out is a stressor to our system, any tough workout (such as cardio or strength training) will trigger a cortisol response. That's not a bad thing, it's exactly how we get stronger (when we recover and nourish ourselves) but we actually have to take the time to recover - not pile on more workouts too quickly.

Listen: [How much exercise is TOO much?](#)

Instead, we want to ensure that our workouts are optimally challenging by taking a more measured and balanced approach to our training - coming to the workouts rested and recovered supports our specific needs in perimenopause. Becoming proactive about calming activities that specifically support our nervous system and build our resilience to stress are incredibly beneficial and nourishing for us as well.

Listen: [12 Ways to improve your stress resilience](#)

Inflammation and Estrogen

As our estrogen levels gradually decline, we don't recover as quickly as we used to from the inflammatory response in our tissue created by our training. Estrogen is anabolic, as in muscle-supporting. In our regular cycling years, we had higher hormone levels and could more easily bounce back, but now we just have to create more intentional recovery after our training (plus those nutrient building blocks) so we can repair and recover well.

This is another key reason we want to approach our training structure in perimenopause with a really measured and balanced plan, and not just "wing it" or sneak in extra cardio or extra workouts. They won't help us get "more results," they can actually deplete us and undermine the results we hope to see. When we recover well from our last workout, we'll be primed to give all we've got to our next one - so we can still get results, especially when we combine the higher volume training styles.

Recovery day activities

Recovery days do not need to be couch potato days! They can involve a focus on mobility, flexibility, alignment, stretching and/or walking. Think about self care movement as your new activity on non-workout days (especially if you like to move daily).

Stretching type activities are wonderful, as we do slowly lose flexibility over time. Being proactive about joint and muscle care can go a long way to keeping us balanced and mobile over time.



Walking is incredibly beneficial for us - not only in supporting bone density and muscle preservation but also as a great form of bonus fat burning.

Listen: [How walking supports your muscle and long-term fat loss](#)

Its benefits for us as women are many, and extend beyond perimenopause into our post-menopause years as well.

Listen: [8 walking benefits for women to get you moving!](#)

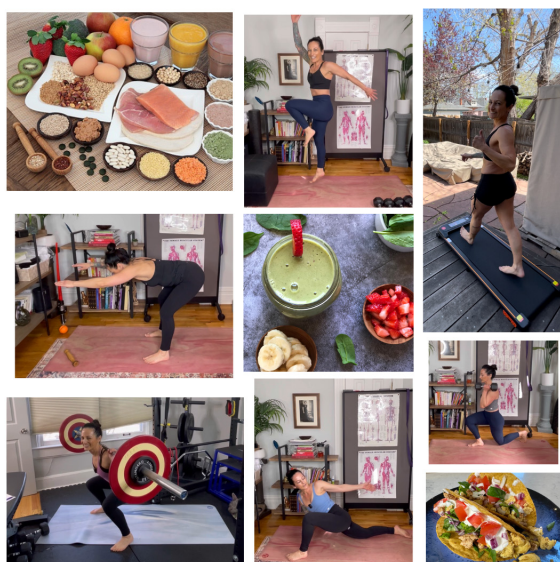


It may be beneficial to support yourself with some type of herb, topical treatment or other supportive care that helps give your system a little extra help in perimenopause. For instance, I had a lot more noticeable success with adaptogenic herbs earlier in my perimenopause journey because I had higher levels of natural hormones. As my journey progressed, I still used them but the ones I used changed and I used more HRT as well (more below).

6 Adaptogens and their function (complete article, with contraindications)

There are more adaptogens and other herbs besides the ones I mention in the article (those were just 6 I had a lot of personal experience using and had done research on) that can be really supportive to our stress response and our hormone balance in perimenopause, and I encourage you to look into them - and look beyond them too, if this is of interest.

Experimentation and some knowledge of your current hormone levels is recommended. If you have the opportunity to work with someone who can test your blood or urine to see your current hormone levels (they do change throughout our perimenopause journey) that's ideal. See PDF from the MasterClass Intro lesson for **testing and treatment options** and more information and resources.



Training types and structure:

Higher volume training (where you find YOUR hard) are highly effective for triggering the muscular adaptations that sculpt muscle tissue, preserve and strengthen your bones, and support fat loss - especially when you surround them with nutrient-dense food, self care and recovery like we've been talking about.

Resistance training and **explosive cardio** are 2 key strategies for high volume training in perimenopause. Following a training schedule that provides a balance of these types of training in a thoughtful schedule paired with recovery and self care is ideal - and knowing it's okay to back off on the intensity of your training anytime you are lower in energy, still sore (still inflamed from your previous training session for instance), or sleep deprived is an important part of not depleting yourself or getting run down.



For instance in [PerimenoFit](#), the workout program is put together to give you ultimate control with:

- **Low impact strength training workouts** (3 video options each day, depending on what equipment you have available. 1: no equipment; 2: dumbbells; 3: barbell and weight plates)
- **Explosive cardio workouts** (filmed separately, so you can opt to do them or skip them on low energy days)
- **Warm up and cool down stretching** (3-5 min, filmed separately so you can flex with your time constraints day to day)
- **Self care classes:** Mobility videos, breathing activities, yoga videos for your recovery days
- **2 full program options** in the 2 training schedules I recommend for perimenopause so you can choose the one that suits you the best (3 days of training weekly or 4 days of training weekly) you have full access to them both

PERIMENOFIT

8-week Strength Training program
for women in Perimenopause

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