

THE CLARITY PROTOCOL

Her Phasic Training

Built in Cape Town. Engineered for the world.

CLARITY PROTOCOL

THE CLARITY PROTOCOL: HER EDITION — PHASIC TRAINING

Train WITH your biology, not against it.

The Rule

"A man repeats the same workout Monday to Monday. A woman must rotate her training every 7 days — or she burns out, bloats, and breaks."

SEASON	CYCLE DAYS	DOMINANT HORMONE	TRAINING STYLE	INTENSITY
Winter	1-5	All low (reset)	Rest / Gentle yoga / Walking	30-40%
Spring	6-14	Estrogen rising	HIIT / Cardio / Strength intro	60-80%
Summer	15-17	Estrogen + Testosterone peak	Max effort / PRs / Heavy	90-100%
Autumn	18-28	Progesterone rising	Pilates / Stability / Tempo	50-70%

WINTER PROGRAM (Days 1-5)

"Honor the bleed. The body is repairing. Let it."

Weekly Schedule

DAY	SESSION	DURATION
1	Rest. Walk only.	20 min
2	Gentle yoga flow	30 min
3	Rest or light stretch	20 min
4	Restorative yoga	30 min
5	Easy walk (nature)	30 min

The Winter Flow (Day 2 & 4)

All on the mat. Slow breathing. No intensity.

POSE	DURATION	PURPOSE
Child's pose	2 min	Nervous system calm
Cat-cow	2 min	Spinal mobility
Supine twist	2 min each side	Lower back release
Legs up the wall	5 min	Blood flow reversal, cramp relief
Happy baby	2 min	Hip opening
Savasana	5 min	Full surrender

Winter Rules

- ✗ No HIIT. No running. No heavy lifting.
- ✗ No cold plunges (cortisol is already elevated).
- ✓ Warm baths with magnesium salts.
- ✓ Castor oil pack on lower abdomen (liver + uterine support).
- ✓ Extra sleep — go to bed 30 min earlier.

SPRING PROGRAM (Days 6-14)

"Energy is returning. Channel it. Build speed."

Weekly Schedule

DAY	SESSION	DURATION
Mon	HIIT Circuit	25 min
Tue	Zone 2 Run (nasal)	35 min
Wed	Upper Body Strength	30 min
Thu	Dance / Cardio class	30 min
Fri	Lower Body + Core	30 min
Sat	Active fun (hike/swim/sport)	45 min

Spring HIIT Circuit (Monday)

4 rounds. 30s work / 15s rest. 2 min rest between rounds.

- 1. Jump squats
- 2. Push-ups
- 3. High knees
- 4. Plank shoulder taps
- 5. Jump lunges
- 6. Mountain climbers

Spring Upper Body (Wednesday)

3 sets each. Moderate weight or band resistance.

EXERCISE	REPS	FOCUS
Push-ups (or knee push-ups)	12	Chest + triceps
Band rows	12	Back + posture
Pike push-ups	8	Shoulders
Tricep dips (bench)	12	Arms
Band pull-aparts	15	Rear delts + scapula
Plank	60s	Core brace

Spring Lower Body (Friday)

3 sets each. Build toward heavier Spring/Summer loads.

EXERCISE	REPS	FOCUS
Goblet squat (or bodyweight)	15	Quads + glutes
Walking lunges	20 steps	Unilateral strength
Glute bridges (single leg)	12 each	Glute activation
Calf raises	20	Lower leg
Dead bug	12 each side	Deep core

Spring Rules

- ✔ Cold plunges OK (estrogen buffers cortisol).
- ✔ Try new things — creativity peaks in Spring.
- ✔ This is your most social phase. Train with friends.
- ✔ Fermented foods support rising estrogen metabolism.

SUMMER PROGRAM (Days 15-17)

"3 days of FULL POWER. Test everything. This is your testosterone peak."

Schedule

DAY	SESSION	DURATION
15	Max Strength (Full Body)	40 min
16	Sprint Intervals	25 min
17	PR Day (Test your limits)	35 min

Day 15: Max Strength

5 sets of 5 reps. Heavy. Long rest (3 min).

EXERCISE	SETS X REPS	INTENSITY
Deep squat (weighted if possible)	5x5	90% effort
Pull-ups (or band-assisted)	5x max	Full ROM
Push-ups (hardest variation you can do)	5x5	Explosive
Single-leg RDL	4x6 each	Controlled
Hanging knee raises	4x10	Full range

Day 16: Sprint Intervals

On a track, hill, or treadmill: - Warm up: 5 min jog - Sprint: 20 seconds ALL-OUT - Walk: 90 seconds recovery - Repeat: 8x - Cool down: 5 min walk

Day 17: PR Day

Test and record your personal bests: - [] Max push-ups in 2 min: ____ - [] Max pull-ups (or negatives): ____
- [] Max squat hold (below parallel): ____ - [] Max plank: ____ - [] Fastest 400m sprint: ____

Summer Rules

- ☒ Go ALL OUT. Pain tolerance is highest.
- ☒ Cold plunge after training — maximize recovery.
- ☒ Eat raw, fresh, light foods (your metabolism peaks).
- ☒ Social energy is maximum. Compete with friends.

AUTUMN PROGRAM (Days 18-28)

"Slow down. Go internal. Build control, not power."

Weekly Schedule

DAY	SESSION	DURATION
Mon	Pilates (core + pelvic floor)	35 min
Tue	Zone 2 Walk (easy pace)	40 min
Wed	Tempo Strength (slow eccentric)	30 min
Thu	Yoga or stretch	30 min
Fri	Stability + Balance	30 min
Sat	Nature walk or gentle swim	45 min

Autumn Pilates (Monday)

All controlled. No momentum. Breath-led.

EXERCISE	REPS	TEMPO
Hundred (breathing)	100 beats	5 in, 5 out
Single leg stretch	10 each	Slow, controlled
Roll-up	8	4s up, 4s down
Side leg series (circles, lifts)	10 each direction	Controlled
Pelvic floor holds	10 x 5s	Squeeze + release
Swimming (prone)	20 beats	Opposite arm/leg

Autumn Tempo Strength (Wednesday)

4 seconds down. 2 second pause. 2 seconds up. No rushing.

EXERCISE	SETS X REPS	FOCUS
Tempo push-ups	3x8	4s eccentric
Tempo squats	3x10	4s down, 2s hold at bottom
Slow bird-dog	3x8 each	Anti-rotation
Tempo glute bridge	3x10	3s squeeze at top
Plank (breathing focused)	3x45s	Nasal only

Autumn Stability (Friday)

Single-leg and anti-rotation focus.

EXERCISE	SETS X REPS	FOCUS
Single-leg stand (eyes closed)	3x30s each	Proprioception
Single-leg RDL (bodyweight)	3x8 each	Balance + hamstring
Pallof press (band)	3x10 each	Anti-rotation
Side plank	3x20s each	Oblique stability
Calf raise (single leg, slow)	3x12 each	Ankle stability

Autumn Rules

- ✗ No HIIT. No sprinting. No max efforts.
- ✗ No fasting — eat within 30 min of waking.
- ✓ Warm baths > cold plunges (nurture, not shock).
- ✓ Complex carbs in the evening (sweet potato, rice) for progesterone.
- ✓ Journaling + introspection — this is your most focused phase.
- ✓ Cravings? Eat dark chocolate (magnesium) + honey.

PHASE TRANSITION GUIDE

TRANSITION	SIGNAL	ACTION
Autumn → Winter	Bleeding begins	Stop training immediately. Rest.
Winter → Spring	Bleeding ends, energy returns	Start light. Build through the week.
Spring → Summer	Peak energy, social magnetism	Go all out. Test PRs.
Summer → Autumn	Energy dips, cravings start	Slow down. Switch to Pilates.