

T H E   C L A R I T Y   P R O T O C O L

# Her Phasic Training

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Built in Cape Town. Engineered for the world.

# THE CLARITY PROTOCOL: HER EDITION — PHASIC TRAINING

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*Train WITH your biology, not against it.*

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## The Rule

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*"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%

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## WINTER PROGRAM (Days 1-5)

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*"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.

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## SPRING PROGRAM (Days 6-14)

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*"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.
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## 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.
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## 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
Palloff 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.