

SOPHIAALEN

October 16th 10.15-11.05 (50 min)

“Training and hormones - what are the keys for optimal performance in female athletes?” Chair: Cecilia Fridén (SWE), prof., RPT

Angelica Hirschberg-Lindén (SWE), prof., MD - *“The role of hyperandrogenism for performance in female elite athletes”*

Cecilia Fridén (SWE), prof., RPT - *“The perceived influence of menstrual cycle and hormonal contraceptives on training and performance”*

Linda Ekenros (SWE), PhD, RPT - *“Impact of menstrual cycle-based periodized training”*