

How to Train as a Midlife Woman Workshop

This workshop is suitable for both men and women, coaches, trainers, runners, and those who participate in recreational activities.

This workshop is open to non-affiliated Athletics Ireland members.

The aim of this workshop is to provide you with practical solutions and science-based strategies for active women to help those who wish to continue to perform as you age.

When: 26th of November 2022, Time: 9am - 1pm

Location: My Place, Mill Road, Midleton Co. Cork, P25 YT50

Cost €50

Registration- <https://eventmaster.ie/event/rbMECPmS9y>

How to Train as a Midlife Woman

Answering the big question 'why does exercise feel so hard'

- Making exercise choices – how different types of training benefit you or feel really hard – Why is this?
- Training for a race – the differences between a traditional training plan and one in Menopause
- Why have I slowed down so much & how do I get faster now?
- What strength training really is (and isn't)
- The importance of recovery
- Why am I always injured

Nutrition – How best to support ourselves

Understanding body shape changes/weight gain

- Joining the dots between menopause, exercise, nutrition, recovery & cortisol – Why am I doing everything 'right' but gaining weight
- How do we nourish our bodies before, during, and after exercise?
- Why are we craving foods?
- How do I increase my protein intake?
- What are the practical solutions and the small steps we can make for long-term sustainable change?

Understanding menopause and midlife.... It's not me it's my hormones!

- Why it happens, recognising symptoms, what you can do and how to take control of menopause.
- What is perimenopause and menopause and how is it diagnosed.
- What are the main symptoms
- How to get the right help and support to help you take control of your menopause at work and home
- HRT Risks & Benefits