

TIER 01 · AVAILABLE NOW

Tier 01 · Women's Health

Training Women Across the Lifespan: Hormones, Biomarkers, and Phase-Based Programming

Female physiology is not a footnote — it is the program. This talk lays out the framework Equinox Coaches use to train women through every life stage: post-puberty, pregnancy, postpartum, perimenopause, menopause, and post-menopause. Built on the EFTI Women's Health Certification, it integrates hormonal phases, biomarker literacy, and life-stage-specific programming.

KEY TAKEAWAYS

- 01** Foundations of female physiology: hormonal shifts from puberty through post-menopause and what they mean for training
- 02** Phase-based programming: the four menstrual phases (early follicular, late follicular, ovulation, luteal) and how to lift in each
- 03** Biomarker literacy for women: ferritin, relaxin, CK, hsCRP, and how to use them within scope
- 04** RED-S (Relative Energy Deficiency in Sport) — the under-recognized issue affecting high-performing women
- 05** Pregnancy, postpartum, and perimenopause: the programming adaptations that matter most
- 06** Coaching with care: empowering language, scenario-based cueing, and when to refer

AUDIENCE

Women-led organizations, ERGs (Women in Leadership, Working Parents), and any company with a meaningful percentage of women in performance-critical roles.

FORMATS

- 45-min keynote
- 90-min workshop with biomarker / phase-tracking practicum
- Half-day intensive paired with Function Health and Oura Ring orientation

SAMPLE AGENDA

- 0–15 min — Why generic programming fails 50% of the workforce
- 15–35 min — Foundations of female physiology across life stages
- 35–55 min — Phase-based programming with live examples
- 55–75 min — Biomarker literacy: what to look at, what to ignore, when to refer
- 75–85 min — Pregnancy, postpartum, perimenopause, menopause adaptations
- 85–90 min — Q&A

SLIDE OUTLINE

- Slide 1 — Female physiology as the program, not the footnote
- Slide 2 — The four menstrual phases
- Slide 3 — Programming by phase: lift, recover, fuel
- Slide 4 — Life stages: pregnancy → postpartum → perimenopause → menopause
- Slide 5 — Biomarker literacy within coaching scope
- Slide 6 — RED-S: the high-performer's silent risk
- Slide 7 — Coaching with care: language and referral
- Slide 8 — How this lands in your organization

SPEAKER POOL

Women's Health-certified Coaches. Lead curriculum SME: Lindsay Dettbarn (EFTI Director, 16-year Equinox veteran). Subject matter contributor: Dr. Jiji Pollock.