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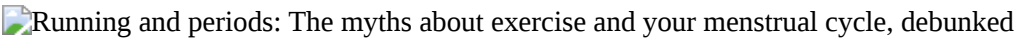
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# Running and periods: The myths about exercise and your menstrual cycle, debunked

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Co-authored by Bethany Reitsma


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When it comes to [running](#), there are countless apps you can use to track your progress, but most of them don't take your menstrual cycle into account. Now elite runner and Femmi co-founder [Lydia O'Donnell](#) has created an app designed for female runners to prove how you can use your period to your advantage. Here she tells the Herald how taking control of your cycle can make you a more confident runner - and debunks a few myths you've probably heard.

Read more here: [Running and periods: The myths about exercise and your menstrual cycle, debunked - NZ Herald](#)

  
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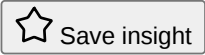
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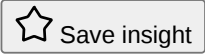
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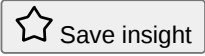
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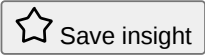
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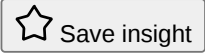


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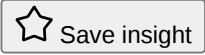


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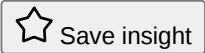
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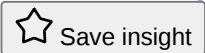
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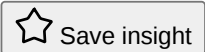


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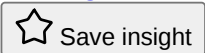


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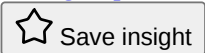


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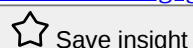


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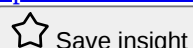
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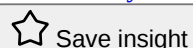


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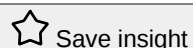


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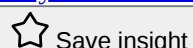
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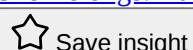
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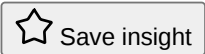
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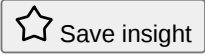
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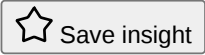
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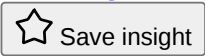
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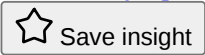
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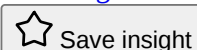
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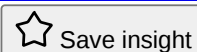
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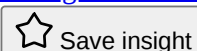
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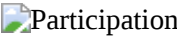
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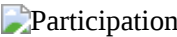
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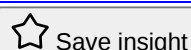
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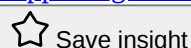
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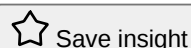
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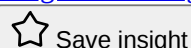
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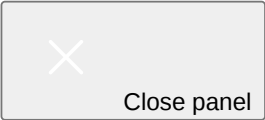
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