

Iron Check — Print Handout

A one-page iron screening handout with ferritin targets, the Hepcidin Rule for supplementation, and altitude-specific recommendations.

ACCESS

Free resource

AUDIENCE

athlete / parent

READ TIME

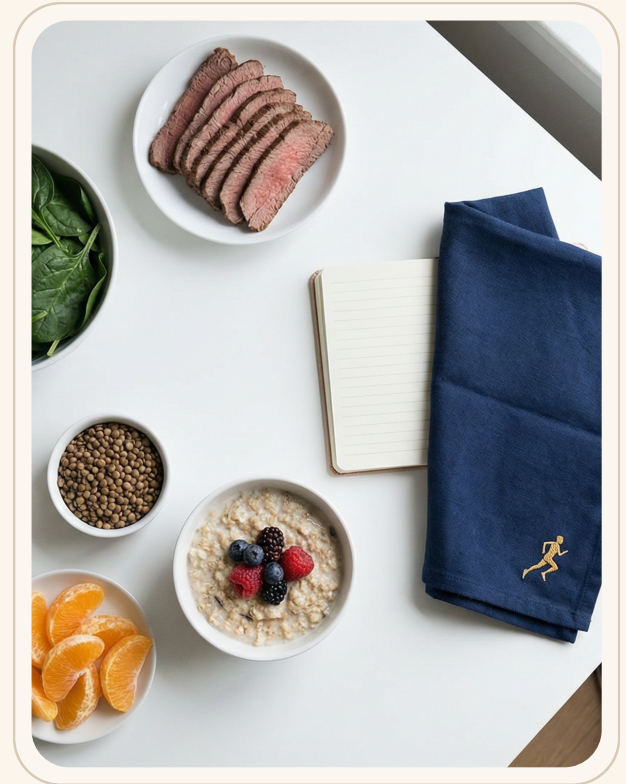
3 min

AUDIENCE

Athlete + Parent

WHY THIS MATTERS

⇒ This is a print-ready visual handout.



Iron Check — Print Handout

QUICK START

Start here

A one-page iron screening handout with ferritin targets, the Hepsidin Rule for supplementation, and altitude-specific recommendations.

WHO TO CHECK

Start with athletes who keep fading without a clear reason

- Unusual fatigue, pale look, slow recovery, and declining times are common clues.
- Female distance runners and heavy menstrual losses raise suspicion faster.

WHAT TO ASK FOR

Ferritin plus CBC gives a useful first pass

- One number rarely tells the entire story.
- Coaches should know the names of the labs even if they do not interpret them clinically.

WHAT NOT TO DO

Do not hand out iron supplements like candy

- Supplements without a plan create side effects and bad assumptions.
- Some tired athletes are under-fueled, overtrained, or sick instead.

Do This Now

- Ask your doctor for a ferritin test (not just CBC)
- Target: Females >40 ng/mL • Males >50 ng/mL
- Take iron every OTHER day with vitamin C (not with dairy or coffee)

Common Mistakes

— Luke Rodriguez, MS, RDN

Only checking hemoglobin — ferritin drops months before hemoglobin does

Taking iron daily (every-other-day absorbs better)

Taking iron with breakfast cereal + milk (calcium blocks absorption)

The Hepsidin Rule

Every-other-day dosing is more effective than daily.

Every-other-day dosing is more effective than daily. Hepcidin spikes after each dose and blocks absorption for ~24 hours.

QUICK REFERENCE

Key targets to keep in view

Use these as planning anchors when you turn the manual into weekly actions.

MOST USEFUL LAB

Ferritin

Treat this as a decision anchor, not a trivia stat.

ADD WITH IT

CBC

Treat this as a decision anchor, not a trivia stat.

COACH MOVE

Notice + refer

Treat this as a decision anchor, not a trivia stat.

COACH TAKEAWAYS

Common miss

These are the cues worth repeating before the week gets busy.

Notice the pattern: Fatigue plus risk factors is enough to ask.

Request the right labs: Ferritin and CBC are the usual starting point.

Do not freeload diagnosis: Coaches screen and refer; clinicians diagnose.

COACHING EMPHASIS

What to reinforce with athletes this week

A good iron check catches the athlete before 'just push through it' does more damage.

- Unusual fatigue, pale look, slow recovery, and declining times are common clues.
- One number rarely tells the entire story.
- Supplements without a plan create side effects and bad assumptions.
- A good iron check catches the athlete before 'just push through it' does more damage.

TAKEAWAY

Coach bottom line

A good iron check catches the athlete before 'just push through it' does more damage.

- Which athlete on your team has earned an iron conversation with their family this month?

COACH CUES

Field reference

Use these short cues when you need to turn the manual into a quick conversation or decision.

PRIMARY FOCUS

Printable Handouts

A one-page iron screening handout with ferritin targets, the Hepcidin Rule for supplementation,...

THIS WEEK'S CUE

Which athlete on your team has earned an iron conversation with their family this month?

Use this sentence in the next team conversation.

KEY THEMES

handout • printable • pdf • iron check

These are the anchors to reinforce, not the entire lecture.

BEST FOLLOW-UP

Open the handout with your team

Use the printable handout to keep the message simple.

WHAT TO DO NEXT

Use it this week

Which athlete on your team has earned an iron conversation with their family this month?

BOTTOM LINE

A good iron check catches the athlete before 'just push through it' does more damage.

Source topics: handout • printable • pdf • iron check • ferritin • iron deficiency runner