The Effects of Pre-Exercise Caffeinated-Coffee Ingestion on Endurance Performance

Meta-analysis: 9 studies, 135 subjects

Pre-exercise coffee beverages containing ≥3mg/kg of caffeine, ingested ≥60 minutes pre-exercise, may have a beneficial effect on endurance performance*

Drink ≥1.5–2.0, 8-oz cups of regularly drip brewed coffee prior to exercise or training, depending on body weight

*Significant improvements over control conditions were found with doses up to 8.1mg/kg, however performance benefits were similar to 3mg/kg doses

Reference
By Higgins, Straight & Lewis, IJSNEM, December 2015