

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

Designed by @YLM Sport Science

**Meta-analysis
9 studies
135 subjects**

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



Drink $\geq 1.5\text{--}2.0$, 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

