CAFFEINE

Performance impact
Well-established benefits for athletic performance across endurance-based situations & short-term, supramaximal and/or repeated sprint tasks

Forms
Can be administered in the form of pill, powder, chewing-gum & caffeinated coffee

Doses
Low doses (<3 mg/kg of body mass), provided both before & during exercise
Moderate doses of 3–6 mg/kg of body mass consumed ~ 60 min prior to exercise*

Potential side effects
High doses (≥9 mg/kg of body mass) do not appear to increase the performance benefit: nausea, anxiety, insomnia, and restlessness

Individualisation
Should be trialed in training prior to competition use
Take into account the athlete’s personal history of reactions to caffeine intake in “everyday life”

*Single expresso ≈ 77mg

Reference: Peeling et al. IJSNEM 2019