**COFFEE**

Is it a Useful Source of Caffeine Pre-exercise?

**Performance impact**
- Useful method for enhancing aerobic endurance performance
- and potentially for resistance & high-intensity exercise activities

**Protocol of use**
- ~ 60 min prior to exercise
- ~ 3 mg/kg of caffeine
- 2-3 espressos for a 60- to 70-kg individual

**Coffee vs Supplement**
- There is limited evidence that caffeinated coffee offers a similar magnitude of ergogenic effect when compared with caffeine anhydrous
- However, the studies here are both conflicting and of low sample size

**Potential hurdles**
- Ingestion of potentially high volumes of (often hot) liquid
- May irritate the gastrointestinal tract
- Difficult to quantify the caffeine dose from coffee
- Increased risk of over-/under-dosing

Overall, coffee represents a useful method of caffeine ingestion around regular training, especially if they are habitual users of caffeine

Reference: Pickering & Grgic IJSNEM 2019