CAFFEINE
ESTABLISHED PERFORMANCE SUPPLEMENT

Performance impact
Potentially interesting for sprints, sustained sprints, middle & long distance running, jumps & throws and multi-events.

Dosage
Lower doses (3 mg/kg of body mass consumed ~200mg), provided both before & during exercise.
Moderate doses of 3-6mg/kg of body mass consumed ~60 min prior to exercise.

Potential side effects
Large caffeine doses (≥9mg/kg of body mass) do not appear to increase the performance benefit, and are more likely to increase the risk of negative side effects: nausea, anxiety, insomnia, restlessness and tachycardia.

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

Forms
Can be administered in the form of pill, powder, chewing gum and caffeinated coffee.

Reference: Peeling et al. IJSNEM 2019 © Copyright. IAAF 2019. All rights reserved. IAAF, Health & Science