

DO YOU/CAN YOU  
DO THIS?  
SHORT WELLNESS  
SELF-CHECKS

**Do You Do Coffee/Caffeine  
or before an Event/Workout**

**SPORTS NUTRITION SERIES**



**Summary: For athletes:**  
Many good studies address and supports the use of caffeine for both endurance exercise, such as long runs and bike rides, and short-term, higher-intensity exercise, About a cup will do. No benefit from more. Read on for details.

# Do You Do Caffeine Before a Workout

## SPORTS NUTRITION SERIES

Studies have shown that caffeine can benefit endurance performance, high intensity exercise, and power sports. However, it seems to benefit trained athletes the most. The recommended dose varies by body weight, but it's typically about 200–400 mg, taken 30–60 minutes before a workout. Although coffee is a healthy beverage, there are some downsides to drinking it before a workout. During exercise, your body redirects blood toward active muscle groups and away from the digestive system, which slows digestion. For some, this can lead to stomach upset and digestive issues. So you need to experiment.

I do caffeine before my morning workout. Black coffee gets me going. One cup does the trick. More is no better for me. If you do not drink coffee then do not start. I still consider myself an athlete and train hard still. I do not recommend this for the average person. Caffeine stimulates the brain and contributes to mental alertness and greater concentration. Many good studies address and support the use of caffeine for both endurance exercise, such as long runs and bike rides, and short-term, higher-intensity exercise, such as soccer according to N. Clark and many authorities. The vast majority of the studies conclude that caffeine taken an hour before exercise does indeed enhance performance (by about 11 percent) and makes the effort seem easier (by about 6 percent). A target dose of caffeine is 1.5 to 3 milligrams per pound (3-6 mg/kg) (Maughan et al. 2018). For a 150-pound (68 kg) athlete, this is 225 to 450 milligrams of caffeine.

Although a cup or two of coffee before exercise may be a helpful boost, more may be of little value according to N. Clark. Well-trained cyclists performed equally well with about 350 milligrams of caffeine as they did with 850 milligrams (Pasman et al. 1995). Because each person responds differently to caffeine, in part due to genetic differences, do not assume that you will perform better with a caffeinated beverage. You might just end up nauseated or not feeling great, or feeling agitated at a time when you are already nervous and anxious before an event. And be forewarned: Although a morning cup of coffee can assist with a desirable bowel movement, a precompetition mugful might lead to transit troubles says N. Clark. Experiment during training to determine whether a caffeinated beverage or plain water is the better bet.

**Coffee has between 95 and 200 milligrams of caffeine. black tea has between 14 and 70 milligrams of caffeine. green tea has between 24 and 45 milligrams of caffeine. white tea has between 6 and 60 milligrams of caffeine.**