

TRAINING TIP OF THE WEEK

CUP OF JOE PLEASE

Athletes are always looking for an edge in competition, but could a simple cup of coffee make the difference? Caffeine has long been known to be an ergogenic aid and sport enhancer. It is considered a legal substance by organizations like the NCAA and IOC. Caffeine works on the central nervous system and has been proven to reduce the perception of fatigue and increase time to exhaustion, meaning an athlete can train harder and longer. It also improves alertness and reaction time. These benefits are seen mostly in endurance-type sports. Its effects last up to 6 hours after ingestion, and a recommended dose would be about 2 mg of caffeine per pound of body weight (200-500mg) taken about 30 minutes prior to competition. This amount is about 10 times the amount of caffeine found in a can of soda and 5 times the amount in a cup of coffee. Caution is necessary since there can be side effects such as: anxiety, heart palpitations, headaches, and insomnia. So to answer the question about a cup of Joe, something in coffee counteracts caffeine's athletic benefits noted above, so it is



best to take the caffeine in pill form. If you regularly drink a lot of caffeine, you may not see the same positive effect compared to nonusers.

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