

Jakkie, Is caffeine good for my workouts? Caffeine has long been used by endurance athletes to help increase energy and endurance, but is it safe and does it work? Studies have found that, when it comes to exercise, caffeine does have benefits by : Delays fatigue , slows the breakdown of muscle glycogen, which means your body has more fuel to keep going , enhances endurance , keeps you more alert , can reduce muscle pain during exercise and exercise feel more comfortable. Wow, who would have thought? Just remember those lattes also can add weight gain due to calorie content, so be careful and choose wisely. While caffeine can have positive effects on endurance exercise, you don't need it to have a good workout. If you're a competitive athlete thinking of using caffeine, keep in mind that it is a diuretic, so you may need more bathroom breaks. That could affect your workouts as well as your hydration levels. SO how much caffeine are we talking here? Studies have shown that 3 mg/kg to 6 mg/kg is enough to enhance endurance. The average cup of coffee has about 60 mg to 120 mg, so it doesn't take much caffeine to do the job. Just keep in mind, Caffeine is a stimulant, so it does have side effects that could cause problems for certain people. These can be: Increased urination, Stomach upset, Trembling or shaking, Trouble sleeping , Increased anxiety ,Headaches and Nausea . Tons of con's right? If you're pregnant, you should avoid caffeine and you should also be cautious if you're on medication or taking other performance-enhancing supplements that contain other stimulants. Too much caffeine can increase the side effects and could be dangerous to your health if you have other illnesses or conditions.