

# CAFFEINE COOKIN'

The effects of caffeine on performance in the heat



USING CAFFEINE IN THE HEAT CAN INCREASE YOUR POWER AND WON'T DEHYDRATE YOU.

## Original Research

Del Coso, J., et al.  
Caffeine effects on short-term performance during prolonged exercise in the heat.

*Medicine and Science in Sports and Exercise* 40:744-751, 2008.

Other than creatine, caffeine is one of the few ergogenic aids out there that have been shown to truly work. A number of studies have shown that caffeine improves endurance performance <sup>1</sup>. Its effects on short-term performance, however, are not as clear. Some researchers believe that caffeine helps your nervous system recruit muscle <sup>2</sup>; more muscle recruitment means more force production, which means more strength and power. When you exercise for a long time in the heat, like during an outdoor football game, power decreases <sup>3</sup>. If caffeine can help recruit muscle, then it is possible that it could help maintain power when you are pushing yourself to the limit in sweltering conditions. But then again, caffeine is often viewed as being a diuretic, which might lead to bigger problems than just a few muscles that are not recruited. But is this concept true, that caffeine is a diuretic?

**Power Key:** caffeine, maximal voluntary contraction, power