

The study of the University of Tsukuba in Japan showed that moderate caffeine consumption during physical exertion in hot conditions can increase endurance.

Young participants in both sexes who took caffeine during long training (and this is a key point) showed an increased level of endurance and less fatigue. It was important not only to fix subjective fatigue or energy, but so that each participant who used a moderate dose of caffeine during training, could withstand the final segment of high -intensity load. Volunteers who drunk a dose of coffee or other drinks with caffeine, when filling out the questionnaire, noted not only the fulfillment of the experimental conditions, but also emphasized the lower level of subjective fatigue before control exercises.

Despite the fact that the level of breathing increased, and the blood flow in the brain decreased, this did not lead to an increase in hyperventilation or a decrease in cerebral blood flow, and the participants did not overheat, specially in a hot room.

In contrast to the use of caffeine before training, which can increase the load on the respiratory system and reduce blood flow to the brain, the use of moderate doses during training leads to a gradual increase in its concentration in the blood. The authors of the study believe that such a strategy can be a simple and safe way to improve sports performance in hot weather.