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## THE EFFECT OF CAFFEINE ON SWIMMING SPEED

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### Abstract

*Caffeine had also been used in sports and during training by coaches, athletes, and recreational athletes for performance to improve. Athletes, such as short-distance swimmers, who utilize the anaerobic system are interested in taking supplementation to boost their strength. Thus, the purpose of this study was to examine the effects of caffeine supplementation (250 mg) on swimming speed in college students. Eighteen college age students volunteered for the study. The study design was a randomized double-blind cross-over. This study involved two testing sessions. During the first and second testing sessions, subjects were given either coffee with caffeine or placebo. After forty-five minutes, the subjects were then asked to perform one swimming test. The results show that age mean of the participants was  $22 \pm 3$  years, mean height of  $175 \pm 8$  cm, mean body weight resulted to  $84 \pm 14.2$  kg, and the body mass index concludes  $27.4 \pm 4.5$ . Moreover, observation of further difference was not observed between placebo with a mean of  $15.6 \pm 5.8$  sec. vs. caffeine mean of  $15.3 \pm 3.6$  for the set  $p > 0.05$ . In conclusion, our present results indicate that consuming of a coffee, with 250 mg of caffeine was not effective to increase swimming speed by reducing the time needed to complete a 25 m simulated competition.*

### Author Keywords

Caffeine, Swimming, Speed

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