

[Back To Title List](#)

Current	Select
Institutional	Institution
Affiliation:	Help
No affiliation selected...	

MEDLINE® Citation

J Strength Cond Res, 2005 Feb; 19(1):92-7

AHMUN RP, et al.**The effects of acute creatine supplementation on multiple sprint cycling and running performance in rugby players.**

Language: [eng]

Ahmun RP, Tong RJ, Grimshaw PN

School of Sport, P.E. and Recreation, University of Wales Institute, Cardiff, Cyncoed Campus, Cardiff, UK.

The benefits of creatine (CR) supplementation are well documented, particularly during repeated bouts of high-intensity muscular activity. Most published experiments use mass-supported (cycle ergometry) activities as a means of evaluating creatine's efficacy, therefore minimizing any possible adverse effects of increased body mass associated with CR supplementation. This study aims to use both mass-supported and mass-dependent activities to assess the effectiveness of acute CR supplementation on a group of highly trained rugby players. A randomized, double-blind, crossover research design was utilized, with subjects receiving 20 g.d(-1) x 5 d of both CR and a glucose placebo (PL). Subjects were assessed via 10 x 6-second Wingate test and a 10 x 40-m sprint test on separate days, presupplementation and postsupplementation. A 28-d washout period separated the two treatments. No significant treatment ($p > 0.05$) or treatment by test interaction effects ($p > 0.05$) were observed for peak or minimum power output (W), peak or minimum running velocity (m.s(-1)), or fatigue index (%). No significant differences ($p > 0.05$) were found postsupplementation for body mass and percentage body fat. Although statistical significance was not achieved for any of the measured parameters, there were small improvements in performance that may be of benefit to rugby players.

PMID: 15705052

MeSH terms: Adult, Body Composition, Creatine, Cross-Over Studies, Dietary Supplements, Double-Blind Method, Exercise Test, Football, Humans, Male, Muscle Fatigue, Muscle, Skeletal, Psychomotor Performance

To view this citation at PubMed®, [CLICK HERE](#)**Service Center**[Purchase Full-Text of article](#)[PubMed® LinkOut](#)[Online Tutorial to this Literature Service](#)[Add This Journal to your Core Journal List](#)[Email this Citation to a Colleague](#)

Usage of links and information provided by PubMed, National Library of Medicine (NLM) or NCBI are subject to NCBI's disclaimer and copyright notice found [here](#)