

LIFESTYLE

Microdosing Mushrooms: Athlete Perspectives on the Psychedelic Supplement

JULY 4, 2022 BY [PRESLIE HIRSCH](#)



Photo Credit: VeryWell Mind

Enjoying Morning Chalk Up? Access additional exclusive interviews,

[GET RX ACCESS](#)

Your Coffee is ready.

What your folks might better know as a party drug, also happens to be a popular psychedelic supplement for mental and physical health alike. While microdosing mushrooms is becoming more mainstream, it has us wondering: how prevalent is it amongst CrossFit athletes?

The main psychoactive chemicals in hallucinogenic mushrooms, psilocybin and psilocin, have been considered a Schedule 1 Drug since the early 1970's — however a small handful of US cities have decriminalized and/or permitted use for therapeutic treatment in a supervised setting.

This is just a hunch, but given the potential legal pitfalls and the social stigma around 'shrooms', athletes may not publicly advertise their engagement in the regular use of the substance. That said, Andrew Weinstein, Head of Communications and Public Policy at CrossFit HQ, has clarified that "Psilocybin is not currently prohibited by CrossFit."

The 2022 CrossFit Drug Testing Program states that "collected urine and/or blood samples will be sent to a World Anti-Doping Agency [WADA]-approved laboratory for analysis. Samples will be tested in accordance with WADA guidelines to determine if banned drugs or substances are present."

Weinstein pointed out that "Psilocybin does not currently appear on the [WADA prohibited substance list](#), although WADA notes in a question on that page about 'Substances of Abuse' (which currently include cocaine, heroin, MDMA/ecstasy, and THC) that 'other substances are currently under review and may be designated as Substances of Abuse in the future.'"

And, while it's technically permissible at this time from a drug testing perspective, one could reasonably raise the concern that the use of any hallucinogen substance in competition poses serious safety risks.

That said, microdosing, as the name implies, typically consists of a much lower dosage than would inspire hallucinogenic effects. Somewhere between .1 and .3 grams is typical for a microdose, while hallucinogenic side effects usually begin at 15 or more times that concentration.

Translation: The dosage *really* matters.



Your Coffee is ready.

MORNING CHALK UP



Photo Credit: St. John's Recovery Place

Adam Hanna, musician and jiu jitsu athlete, started microdosing about a year ago after recommendations from his training partners.

“If you take a very small amount — just enough for you to barely realize you have even taken any — I believe you can create subtle and different pathways through both your mind and body in understanding physical movement patterns,” Hanna said.

“The obvious negative side effect of microdosing is that if you take a little too much (or even if your body reacts slightly more sensitively to the substance you take a certain day), it becomes a chore to focus on controlling your internal state while simultaneously trying to comprehend and fluidly perform the movement pattern you are attempting; it can backfire in that way. However, if you catch the wave where you achieve just a slightly different state of consciousness than normal, I believe it helps me see the same moves I have drilled hundreds of times in a slightly different way.”

Hanna goes on to explain that the altered state of awareness impacts neural pathways, and therefore enables him to work through different expressions and concentrate on the mind-

body connection.

Your Coffee is ready.

“You are learning to do the same moves while under different which helps you feel very small details. Example: Exactly when in a handstand. Is there enough weight in my thumb and index finger? You can hone in on stuff like this,” Hanna said. “It can help you really focus exclusively on tiny details that you don’t always think to do when sober.”

“Psilocybin does not currently appear on the WADA prohibited substance list.”

Andrew Weinstein, CrossFit Head of Communications and public policy

To clarify: If you’ve read up to this point, you may be convinced it’s time to give a small dose a whirl and hit your next WOD. However, that’s not exactly what we’re suggesting — and neither is CrossFit Games athlete and gym owner Sam Dancer, who’s had extensive experience with various doses of mushrooms.

“First and foremost, although I’m an advocate for psychedelics, I do not advocate chronic use. This isn’t a guide on consumption or suggestive that anyone should use them — this is a report of my experience only. Let me state that ethically I believe that the best way to use these substances, no matter the dosage, is infrequently, intentionally and responsibly,” Dancer said.

Dancer’s first dance with the hallucinogenic was in college, purely for recreational use, and then he learned more over the years through books and YouTube videos, citing Terence McKenna as a notable influence.

What’s no longer a party drug for Dancer now supports both his competitive CrossFit career and holistic lifestyle.

“This change in perception (of psychedelics) has helped me bring more consciousness into my life; through that I have been able to examine myself and things in a way that has helped me make changes and improved the quality of my life,” Dancer said. “By having

altered states of consciousness or disembodied experiences, I get a moment to witness something I'm normally not aware of."

Your Coffee is ready.

The takeaway: A variety of research labs are increasingly focusing on the natural psychedelic, specifically in relation to athletic performance and treatment of conditions like PTSD, depression, and chronic anxiety. The subjective experiences included here are certainly positive, but as with any other supplement (particularly one of this magnitude), individual reactions may vary. And while at this time, you won't get busted at a CrossFit competition for microdosing magic mushrooms, it's not an activity to be taken lightly.

Go deeper: If you're interested in learning more about microdosing, please proceed with caution and do your research. A few sources we've found helpful are the [psychedelic articles on MUDWTR](#), [Compass Pathways](#), [USADA's website](#), and [Third Wave](#). We look forward to addressing this more in the future as we gain a better understanding of how athletes are using small doses of mushrooms to support their training, how prevalent it actually is in the CrossFit community, and the notable pros and cons of incorporating a psychedelic into your routine.

And, Dancer reminds us that although mushrooms may be a hot topic, going within to change your perspective is not only achievable through the addition of specific substances.

"These experiences are not limited to psychedelics," he said. "I've had similar experiences unintentionally during fasting, intense exercise and breath practice."

[BANNED SUBSTANCE](#) [DRUG FREE SPORT](#) [DRUG POLICY](#) [DRUG TESTING](#) [MICRODOSING](#)
[MUSHROOMS](#) [PSILOCYBIN](#) [USADA](#) [WADA](#)

 [SAM DANCER](#)



Get the Newsletter

For a daily digest of all things CrossFit. Community, Competitions, Athletes, Tips, Recipes, Deals and more.

Email

CHALK UP

Your Coffee is ready.

SIGN IN TO COMMENT

MORE ABOUT [SAM DANCER](#)



2022 CrossFit Semifinals
Preview: Age Group Divisions

MAY 26 BY [PATRICK CLARK](#) AND [AVA KITZI](#)

“I want to win the Masters
division.” Sam Dancer’s Plan to
Get Back to the CrossFit
Games

MAR 7 BY [LAUREN KALIL](#)

MORE [#DRUG POLICY](#)



CrossFit Commit Okavango
Calls CrossFit’s Drug Testing
Protocols into Question on
Back of Failed Drug Test at
FICT

JUL 10 BY [JUSTIN LOFRANCO](#) AND
[JOE GENETIN-PILAWA](#)

BREAKING: Canadian Nycolas
Joyal Said He ‘Knowingly Used
Banned Substances For
Precisely Two Weeks’

JUL 6 BY [PATRICK BLENNERHASSETT](#)
AND [JOE GENETIN-PILAWA](#)

Team Athletes From Syndicate
Crown and MACC Fail Drug
Test

JUN 21 BY [JOE GENETIN-PILAWA](#)

MORE [#DRUG TESTING](#)



VIDEO: What Nycolas Joyal’s
Positive Drug Test Means for
the Games

JUL 7 BY [MORNING CHALK UP](#)

Two More Games Athletes
Receive Drug Sanctions, 4 Year
Suspensions

DEC 4, 2021 BY [TOMMY MARQUEZ](#)

[R CROSSFIT GAMES](#)

The Historical Ebbs and Flows
of CrossFit’s Drug Testing

OCT 26, 2021 BY [TOMMY MARQUEZ](#)

CROSSFIT GAMES

PROFILE

INDUSTRY

LIFESTYLE

COMPETITION

GOOD

WORKOUT

LO

NEV

Your Coffee is ready.

TERMS OF USE

PRIVACY POLICY