PERFORMANCE NUTRITION

Established in 1999, British brand TORQ has its roots firmly entrenched in fitness consultancy, education and performance coaching, helping athletes to maximise their potential.

TORQ is research-driven, not marketingled, and this is key to their philosophy. TORQ constantly review the latest sports science research and use it to formulate better, higher functioning products than any other brand in the market today. TORQ use only the purest, most potent natural ingredients and where possible, products are both suitable for vegans and certified Organic by the Soil Association. TORQ do not use any chemical sweeteners, or artificial colours and when it comes to flavours and textures, performance nutrition has simply never tasted this good!

From football, netball and hockey to tennis, badminton and cricket, TORQ's

comprehensive range of fuelling, hydration and recovery products gives you the tools you need to meet and exceed your goals.

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For recommendations on which TORQ products to consume and when to consume them, based on specific sports types, please see our guidelines on the next page.



WHY HYDRATE?

Optimal hydration is essential for general health and wellbeing, as well as offering benefits to exercise performance. Starting exercise in a well hydrated state boosts your physical and mental capacity, allowing you to complete your chosen sports more efficiently, for a longer period of time.



WHY FUEL?

Carbohydrate provides the fuel for exercise, allowing you to maintain your physical performance and delay fatigue. Fuelling your exercise results in a lower perceived effort as the fuel needed to perform is readily available. Fuelling during exercise can also support the recovery process by preventing the depletion of the body's fuel stores.



WHY RECOVER?

Choosing to consume a recovery drink post exercise will assist in the replenishment of your carbohydrate stores ready for your next session. Consuming a recovery drink immediately after exercise will support the growth and repair of damaged tissues, allowing you to become fitter and stronger quicker. Finally, the fluid within the beverage supports the rehydration process.

NUTRITIONAL STRATEGIES

TEAM SPORTS - HIGH INTENSITY

PRE-MATCH

TORQ HYDRATION DRINK

Begin Hydrating, aim for clear urine colour

2 Hours Before

TORQ EXPLORE FLAPJACK

1 Hour Before Snack on 1x TORQ Explore Flapjack

Hydrate based upon exercise intensity &

TORQ HYDRATION DRINK **15 Mins Before** Hydrate based upon exercise intensity & environmental conditions.

= 0 - 250ml 🧑 = 250 - 500ml

TORQ ENERGY GEL 📕 Consume 1x TORQ Energy Gel

HALF TIME

TORQ HYDRATION DRINK

= 250 - 500ml = 500 - 750ml

environmental conditions.

TORQ ENERGY GEL Consume 1x TORQ Energy Gel

POST MATCH

TORQ RECOVERY DRINK Consume within 15 mins

TORQ HYDRATION DRINK

= NO NEED TO REHYDRATE = CONTINUE REHYDRATION

Further supplement post exercise

hydration depending on conditions

TOTAL TORQ UNITS PER MATCH

250ml - 1250ml

TOTAL HYDRATION PER MATCH

DURING TORQ HYDRATION DRINK Sip TORQ Hydration drink regularly and drink ahead of thirst

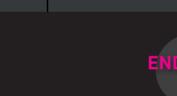
TEAM SPORTS - LOW INTENSITY

TORQ EXPLORE FLAPJACK Graze on TORQ Explore Flapjack or TORQ OR TORQ ENERGY BAR Energy Bar to keep hunger at bay



TOTAL TORQ UNITS PER HR n/a

TOTAL HYDRATION PER HR n/a



ENDURANCE SPORTS

PRE-EXERCISE

TORO HYDRATION DRINK

2 Hours Before Begin Hydrating, aim for clear urine colour

TORQ EXPLORE FLAPJACK

1 Hour Before Consume 1x TORQ Explore Flapjack

DURING EXERCISE (PER HOUR)

TORQ ENERGY BAR OR TORQ ENERGY GEL

Consume 1-2 Fuelling Units based on exercise intensity

= 1 TORQ UNIT = 2 TORQ UNITS

TORQ HYDRATION DRINK

Hydrate based upon exercise intensity & environmental conditions

= 250 - 500ml = 500 - 1000ml

POST EXERCISE TORQ RECOVERY DRINK Consume within 15 mins

250ml - 1000ml

RACKET SPORTS PRE-GAME

TORQ HYDRATION DRINK 2 Hours Before

Begin Hydrating, aim for clear urine colour

TORQ EXPLORE FLAPJACK 1 Hour Before Consume 1x TORQ Explore Flapjack

DURING GAME (PER HOUR)

TORQ ENERGY GEL Consume 1-2 Fuelling Units based on exercise intensity

> = 1 TORQ UNIT = 2 TORQ UNITS

TORO HYDRATION DRINK Hydrate based upon exercise intensity &

environmental conditions = 250 - 500ml = 500 - 1000ml

POST MATCH

TORO RECOVERY DRINK Consume within 15 mins

TOTAL TORO UNITS PER HR

TOTAL HYDRATION PER HR <u> 250ml - 1000ml</u>