

# torq®

## 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 marketing-led, 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.

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** 2 Hours Before  
Begin Hydrating, aim for clear urine colour

**TORQ EXPLORE FLAPJACK** 1 Hour Before  
Snack on 1x TORQ Explore Flapjack

**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** Hydrate based upon exercise intensity & environmental conditions.

😓 = 250 - 500ml  
😓 = 500 - 750ml

**TORQ ENERGY GEL** Consume 1x TORQ Energy Gel

### POST MATCH

**TORQ RECOVERY DRINK** Consume within 15 mins

**TORQ HYDRATION DRINK** Further supplement post exercise hydration depending on conditions

😓 = NO NEED TO REHYDRATE  
😓 = CONTINUE REHYDRATION

## TEAM SPORTS - LOW INTENSITY

### DURING

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

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

 = **30g CARBS** or **1 UNIT**

**THE TORQ UNITS**

 = **30g CARBS** or **1 UNIT**

### TOTAL TORQ UNITS PER MATCH

1 UNIT / 1 UNIT

### TOTAL HYDRATION PER MATCH

250ml - 1250ml

### TOTAL TORQ UNITS PER HR

n/a

### TOTAL HYDRATION PER HR

n/a

## 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

**TORQ HYDRATION DRINK** Hydrate based upon exercise intensity & environmental conditions

😓 = 250 - 500ml  
😓 = 500 - 1000ml

### POST MATCH

**TORQ RECOVERY DRINK** Consume within 15 mins

## ENDURANCE SPORTS

### PRE-EXERCISE

**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 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

### TOTAL TORQ UNITS PER HR

1 UNIT / 1 UNIT / 1 UNIT

### TOTAL HYDRATION PER HR

250ml - 1000ml

### TOTAL TORQ UNITS PER HR

1 UNIT / 1 UNIT / 1 UNIT

### TOTAL HYDRATION PER HR

250ml - 1000ml