

# NUTRITIONAL STRATEGY: ENDURANCE SPORTS

## HYDRATION FOR ENDURANCE SPORTS

The intensity and environmental conditions of endurance exercise will determine your personal sweat rate. As a result, it's important that hydration is addressed using TORQ Hydration Drink in the hours pre-exercise, ensuring exercise commences in a well hydrated state.

The opportunity to rehydrate occurs multiple times per hour during endurance sports, and so an hourly hydration strategy should be implemented, drinking slightly ahead of thirst. In instances where both intensity and environmental temperature are high, you should aim to drink more of TORQ's Hydration Drink per hour.

## FUELLING ENDURANCE SPORTS

Endurance sport, especially if high intensity in nature, has the potential to deplete the body's stores of carbohydrate, presenting a very real threat to performance and so an hourly carbohydrate ingestion plan should be adopted.

Targeting 1-2 TORQ Units per hour, in the form of TORQ's Energy Gels or TORQ Energy Bars, will extend time to exhaustion and prevent carbohydrate depletion. The higher the exercise intensity, the more TORQ Units should be ingested per hour.

## RECOVERING AFTER ENDURANCE SPORTS

TORQ Recovery Drink should be consumed immediately after exercise. The carbohydrate within TORQ Recovery replenishes the body's fuel reserves, reducing tiredness and preparing you for your next exercise session, whilst the inclusion of protein supports the growth and repair of the tissues of the body that have been damaged by the exercise. The addition of Ribose in TORQ Recovery Drink helps to recharge tired muscle cells and supplemental glutamine, vitamins and minerals help support your immune system throughout the period of recovery from exercise.



**THE TORQ UNITS**





 = 30g CARBS or  $\frac{1}{\text{UNIT}}$

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## 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

$\frac{1}{\text{UNIT}}$  /  $\frac{1}{\text{UNIT}}$   $\frac{1}{\text{UNIT}}$

TOTAL HYDRATION PER HR

250ml - 1000ml