

NUTRITIONAL STRATEGY: RACKET SPORTS

HYDRATION FOR RACKET SPORTS

Participating in racket sports can result in very high sweat rates due to the high intensity nature of the activity and environmental conditions, because they are typically played either indoors and/or during the summer months. 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 racket sports, and it is recommended that these opportunities are taken, 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 RACKET SPORTS

The high intensity, intermittent nature of racket sports can result in rapid carbohydrate depletion from the body's stores, which will result in reduced performance and inability to perform rapid bursts of movement.

Carbohydrate fuel should be consumed an hour before a game, in the form of a TORQ Explore Flapjack and with fuelling opportunities occurring frequently, an hourly carbohydrate ingestion plan should be adopted. You should aim to consume 1-2 TORQ Units per hour in the form of TORQ's Energy Gels.

RECOVERING AFTER RACKET SPORTS

TORQ Recovery Drink should be consumed immediately after a game. 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 **1 UNIT**

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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

TOTAL TORQ UNITS PER HR

1 UNIT / **1 UNIT** **1 UNIT**

TOTAL HYDRATION PER HR

250ml - 1000ml