

# NUTRITIONAL STRATEGY: TEAM SPORTS – HIGH INTENSITY

## HYDRATION FOR HIGH INTENSITY TEAM SPORTS

When participating in team sports, there is limited opportunity to hydrate during a match due to the format of the game – typically fast-moving with no opportunities until half time. The exercise intensity of team sports typically results in high sweat rates and therefore, hydration must be considered pre-exercise and during the half time break. Environmental conditions will also determine a player's sweat rate, and so in hotter and humid conditions, you should aim to drink more of TORQ's Hydration Drink.

## FUELLING HIGH INTENSITY TEAM SPORTS

High intensity, intermittent exercise completed within team sports results in significant carbohydrate depletion from the body's stores, which will result in reduced performance. With fuelling opportunities being limited during a game, a TORQ Explore Flapjack should be consumed an hour before a game and a TORQ Gel immediately before exercise commences and at the half time point. You should be aiming for 2 TORQ Fuelling Units per 90-minute match.

## RECOVERING AFTER HIGH INTENSITY TEAM 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 high intensity 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.



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

**THE TORQ UNITS**

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

## 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

TOTAL TORQ UNITS PER MATCH



TOTAL HYDRATION PER MATCH

**250ml - 1250ml**