

# NUTRITIONAL STRATEGY: COMBAT SPORTS

## HYDRATION FOR COMBAT SPORTS

Participating in combat sports training sessions can result in very high sweat rates due to the high intensity nature of the activity and the indoor environment.

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 a session, 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 COMBAT SPORTS

The high intensity, intermittent nature of combat sports training 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 training, in the form of a TORQ Explore Flapjack.

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 COMBAT SPORTS

TORQ Recovery Drink should be consumed immediately after a training session. The carbohydrate within TORQ Recovery replenishes the body's fuel reserves, reducing tiredness and preparing you for your next session, whilst the inclusion of protein supports the growth and repair of the tissues of the body that have been damaged by the training.

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 training.



 = 30g CARBS or 1 UNIT

**THE TORQ UNITS**

 = 30g CARBS or 1 UNIT

## PRE-TRAINING

### 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 TRAINING (PER HOUR)

### TORQ ENERGY BAR TORQ ENERGY GEL OR TORQ ENERGY JELLIES

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 TRAINING

### TORQ RECOVERY DRINK

Consume within 15 mins

TOTAL TORQ UNITS PER HR

1 UNIT / 1 UNIT 1 UNIT

TOTAL HYDRATION PER HR

250ml - 1000ml