

NUTRITIONAL STRATEGY: TEAM SPORTS LOW INTENSITY

HYDRATION FOR LOW INTENSITY TEAM SPORTS

Hydration requirements for low intensity teams sports will be largely dictated by the environmental conditions as the low exercise intensity will do little to accelerate sweat rates further.

When temperature and/or humidity is high, you should plan to drink TORQ Hydration Drink ahead of thirst to prevent dehydration.

FUELLING LOW INTENSITY TEAM SPORTS

Carbohydrate availability for low intensity team sports provides less of a nutritional challenge than higher intensity sports, and therefore a more relaxed fuelling approach can be adopted.

Grazing on foods such as TORQ's Explore Flapjack helps to suppress hunger and maintain blood glucose, which is essential for focus and concentration, during prolonged games or matches.

RECOVERING AFTER LOW INTENSITY TEAM SPORTS

There is little need to consume a dedicated product like TORQ Recovery Drink following low intensity team sports, because carbohydrate stores are unlikely to be depleted nor would there be damage to muscles.

Attention should be paid to a nutritionally balanced, colourful diet in the hours following a low intensity team sport game or match.



 = 30g CARBS or 1 UNIT

THE TORQ UNITS

 = 30g CARBS or 1 UNIT

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

TOTAL TORQ UNITS PER HR

n/a

TOTAL HYDRATION PER HR

n/a