Getting started guide, beginner

Energy

The green bar that pays for gym training, attacks and revives. How fast it refills, every way to get more, and what makes you lose it.

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Introduction

Energy is the green bar in your sidebar. It is the resource you spend on gym training and on attacking other players, so for most players it decides how fast their character grows. Learning where energy comes from, and never letting it go to waste, is one of the first habits worth building.

How it works

Natural regeneration. Your energy bar fills from empty to its maximum in five hours.

Account	Maximum	Regeneration
Standard	100	5 energy every 15 minutes
Donator or subscriber	150	5 energy every 10 minutes

Regeneration stops when the bar is full, so any time spent at maximum is lost energy.

Ways to get more energy:

- **Points refill.** For 30 points at the Points Building you can refill your energy bar to its maximum once per Torn day. The limit resets at 00:00 TCT. If you have free refills from inactivity, those are used first.
- **Drugs.** Xanax gives 250 energy and LSD gives 50, unless you overdose. Both come with a drug cooldown and addiction. See Drugs.
- **Energy drinks.** Cans give between 5 and 30 energy each and add two hours of booster cooldown. A faction's Voracity upgrades can raise the energy from cans by up to 50%.
- **Feathery Hotel Coupon.** Refills your energy bar (150 for a donator) and adds six hours of booster cooldown.
- **Company specials.** Several companies let employees trade job points for energy, for example +3 energy for 1 job point at 1-star Furniture Stores, Pubs and Restaurants, and +7 at a 10-star Farm. Energy specials are limited to 100 job points per day.
- **Stocks.** The Mc Smoogle Corp (MCS) benefit block pays 100 energy every 7 days per increment, up to 10 increments (1,000 energy).
- **Other sources** include the quarterly email newsletter (a one-time link worth 250 energy), Green Easter Eggs (500 energy) and the Torn Anniversary event.

You can hold at most 1,000 energy at once.

What energy costs:

Action	Energy
One gym train	5 to 50, depending on the gym
Attacking a player	25
Reviving a player	25 to 75, depending on your faction's Fortitude upgrades
Hunting in South Africa	10 (plus $500)
Searching the Dump, praying at the Church	5

Losing energy. Overdosing on certain drugs empties the bar, Shrooms costs up to 25 energy, and a parcel containing a Horse's Head or radiation poisoning from a Dirty Bomb also empties it.

Step by step

1. Before logging off, spend your energy so the bar can regenerate while you are away.
2. Return within about five hours of emptying the bar, before it fills and stops.
3. Use your daily points refill when your bar is empty, not when it is half full, so you get the whole bar's worth.
4. Decide what your energy is for. Most new players should put nearly all of it into the gym (see Gym training).
5. If you start using energy drinks or Xanax, check your booster and drug cooldowns first and read the overdose risks.
6. Use the Energy planner to see what a day's energy adds up to.

Examples

- A donator empties their bar at 09:00 TCT and logs back in at 14:00 TCT: the bar has refilled to 150, ready to train again.
- A standard player who sleeps for eight hours with a full bar wastes the whole night's regeneration. Spending it before bed means waking up to 100 fresh energy.
- With a donator bar, one points refill and one Xanax, a full day might give about 150 (start) + 720 (regeneration over 24 hours) + 150 (refill) + 250 (Xanax) = 1,270 energy, if every tick is used. In practice sleep and real life make it lower.

Advanced tips

- Energy drinks and coupons share the 24-hour booster cooldown with candy, alcohol and stat enhancers. Plan which boosters matter most to you before you stack them.
- Stacking energy above your maximum before training is the basis of a happy jump. That has real costs and risks, so read that guide before trying it.
- Faction armouries can be set up to give members energy refills. Ask your faction what is available.

Not confirmed
The energy page notes a former limit of 100 special (inactivity) refills per week, removed in Patch list #455 (28/10/2026). Check in game if you rely on large numbers of stored free refills.

Common mistakes

- **Leaving the bar full.** The single most common waste of energy.
- **Refilling a half-full bar.** The refill only tops you up to the maximum, so half the value is thrown away.
- **Attacking for no reason.** Each attack costs 25 energy that could have been four or five gym trains. Attack when it earns something: respect, money, a mission or a bounty.
- **Taking Xanax without reading the overdose effects.** An overdose costs all energy, nerve and happiness and a long hospital stay.

Sources

Torn wiki: Energy: https://wiki.torn.com/wiki/Energy, retrieved 2026-11-23

Torn wiki: Point: https://wiki.torn.com/wiki/Point, retrieved 2026-11-23

Torn wiki: Item Cooldowns: https://wiki.torn.com/wiki/Item_Cooldowns, retrieved 2026-11-23

Torn wiki: Stock Market: https://wiki.torn.com/wiki/Stock_Market, retrieved 2026-11-23

Torn wiki: Drug: https://wiki.torn.com/wiki/Drug, retrieved 2026-11-23

Related guides: Gym training, Boosters and cooldowns, Drugs, Attacking basics, Happy