

Conference Abstract

FTP in cycling: functional or fictional threshold power?

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Abstract: Functional threshold power (FTP) is a very popular metric in recreational and competitive cycling to evaluate, monitor and predict performance. This “threshold” is defined as the power output that a rider can maintain for one hour. The popularity of FTP mainly originates from its practical feasibility, however, the scientific basis of this concept can be questioned. This presentation will provide a critical view on the concept of FTP.

