

Communication

## 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. De populariteit van FTP komt vooral voort uit de praktische bruikbaarheid, maar hoe sterk is de wetenschappelijke basis van dit concept eigenlijk? In deze presentatie nemen we FTP kritisch onder de loep. We gaan op zoek naar de fysiologische betekenis en zoeken we uit wat deze parameter ons allemaal wel én niet kan vertellen.

