



## **EDUCATIONAL CONTENT POWERED BY EPT RECOVERY**

### **Functional Threshold Power**

Functional Threshold Power (FTP) is the average number of Watts (W) that one can sustain for one hour. FTP is one of the most commonly used metrics in cycling and allows coaches to determine power-based training zones.

There are various FTP test variations, with the most common one being the 20-minute FTP test.

A likely mistake that will happen when doing an FTP test for the first time is that you may notice a decrease in power over the 20-minute test. This could indicate that you started out too hard and decreased your power output to complete the test.

The idea is to pedal at a power output that is sustainable yet challenging for the 20 minutes, one should aim to avoid large spikes and dips in power output.

FTP values can differ when looking at indoor versus outdoor testing. Generally, your outdoor FTP value will be higher due to the ability to generate more power. Therefore, if you will be using power metrics while training outdoors, it is recommended to perform an outdoor FTP test.

#### **Benefits:**

- Non-invasive testing
- Can easily track improvements
- FTP values used to set optimal power zones to train efficiently

#### **Equipment needed:**

- Bike with a power meter or an indoor trainer capable of recording power

The key to testing is to ensure repeatability. This means that you follow a routine that can be repeated in later testing (food consumed, hours of sleep etc.) to ensure consistency.

Recommended to test your FTP every 4 – 6 weeks to ensure accurate and up-to-date power zones.

For more information on the above article or to book your FTP test, kindly contact >

[bio@eptrecovery.com](mailto:bio@eptrecovery.com)