

$$t_n = \frac{\tau_1 \tau_2}{\tau_1 - \tau_2} \ln \frac{k_2}{k_1} = e^{\frac{-t}{\tau_3}} * w(t)$$

$$t_g = \frac{\tau_1 \tau_2}{\tau_1 - \tau_2} \ln \left( \frac{k_2}{k_1} \frac{\tau_1}{\tau_2} \right) \quad f(t) = h(t) * w(t) \quad Y = ae^{bx}$$



$$\hat{p} = \sum_{i=1}^{n-1} w_i e^{\frac{-(n-1)}{\tau_1}} - k_2 \sum_{i=1}^{n-1} w_i e^{\frac{-(n-1)}{\tau_2}}$$

$$k_1 g(t) - k_2 h(t) \quad TWD = \sum_{i=1}^N (p_i \times s)$$

$$g(t) = g(t - i) e^{\frac{-i}{\tau_1}} + w(t)$$

$$Hill(w) = k \frac{w^\gamma}{\delta^\gamma + w^\gamma}$$

# Training load and performance in cycling:

## Unravelling the numbers

Promotor: prof. Jan Boone

Co-promotor: prof. Jan Bourgois

The dean of the faculty of Medicine and Health Sciences kindly invites you to the **public defense** of the thesis of

**Kobe Vermeire**

submitted to obtain the academic degree of Doctor of Health Sciences

On Tuesday 16<sup>th</sup> of august 2022



16-08  
18h00



De Aula,  
Voldersstraat 9  
9000 Gent



Registration of attendance  
through this [form](#) (before 8-08)  
(required)