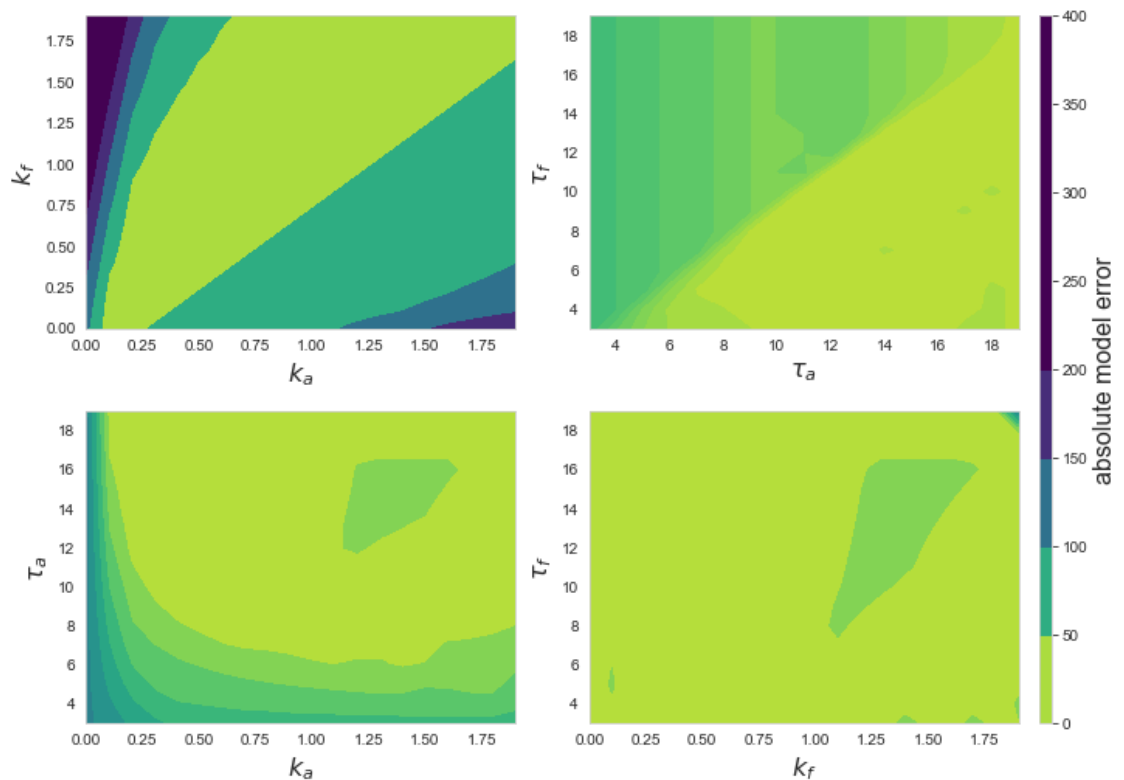


DRAFT SECOND MODELLING PAPER MICHAEL

- (Self-) Invited commentary on the practical use of the fitness-fatigue modelling
- Working title: 'The fitness-fatigue model, what's in the numbers?'
 - Comment on the 'real value' of the parameters, with a focus on τ
 - τ has always been translated to the number of days, but actually **this cannot be stated as such**, based on the results of our study
 - Previous studies have tried relating τ 's to physiological parameters (glycogen, blood values, muscle fatigue...) but as **τ -values do not represent a true time period**, this is not the way to go
 - The fitness-fatigue model has two terms that cancel each other out → Need for studies that measure fitness and/or fatigue in order to guide this process
 - Present data/graphs to substantiate our claims (Help from Michael)
 - Different sets of values lead to the same absolute error → makes interpretation of τ -values difficult



- **(If this doesn't complicate things too much):** Different modelling techniques also lead to different values → The importance of global optimization techniques/the pitfalls of local (and even global) optimization
- Use it wisely. Do not assume the numbers have real word **value.**
 - Model is useful within 1 athlete, track changes
 - It can give guidance in coaching an athlete in order to peak performance