

Accepted Manuscript

Title: Critical power testing or self-selected cycling: Which one is the best predictor of maximal metabolic steady-state?

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PII: S1440-2440(17)30262-1
DOI: <http://dx.doi.org/doi:10.1016/j.jsams.2016.11.023>
Reference: JSAMS 1456

To appear in: *Journal of Science and Medicine in Sport*

Received date: 19-8-2016
Revised date: 5-10-2016
Accepted date: 6-11-2016

Please cite this article as: Maturana Felipe Mattioni, Keir Daniel A, McLay Kaitlin M, Murias Juan M. Critical power testing or self-selected cycling: Which one is the best predictor of maximal metabolic steady-state?. *Journal of Science and Medicine in Sport* <http://dx.doi.org/10.1016/j.jsams.2016.11.023>

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Critical power testing or self-selected cycling: Which one is the best predictor of maximal metabolic steady-state?

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