# Special Issue

# Effects of Physical Training on Exercise Performance—3rd Edition

## Message from the Guest Editors

Physical training results in biochemical, physiological and morphological changes that lead to improvements in exercise performance. It is used not only in competitive sports, but also in recreation or by people with various medical conditions to improve their exercise capacity. Depending on the type of training, it leads to improvements in endurance, strength, speed, coordination, balance and flexibility. In recent years, many new training protocols have been proposed, often combined with physical factors or new training devices. Advanced physical training also incorporates environmental factors (e.g., hypoxia or temperature) to maximize an athlete's exercise capacity. The aim of this Special Issue is to provide a comprehensive evaluation of the effectiveness of different training protocols on components of physical fitness and sport-specific performance, both in professional sports and in recreationally physically active people, as well as in sick and disabled people in whom physical training can recover appropriate levels of performance.

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As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

## Editor-in-Chief

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