

Special Issue

Running Biomechanics: From Commuting to Elite

Message from the Guest Editor

This Special Issue, Running Biomechanics: from Commuting to Elite, aims to cover the latest developments in running mechanics related to performance and injury. This Special Issue will describe recent research and developments in how runners of all levels can train, perform, and choose footwear for improved performance and injury prevention. Recent work shows exciting developments that are ready to be built upon. The objective of this Special Issue is to present some research building upon all aspects of performance and injury with special focuses on 1) recent developments in footwear and 2) running mechanics. We expect these articles to add to the current knowledge available to help runners improve their training and performance. Keywords

- running mechanics
- footwear
- marathon
- performance
- racing
- energy cost
- kinematics
- kinetics

Guest Editor

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About the Journal

Message from the Editor-in-Chief

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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