

Special Issue

Improving Athletes' Performance and Avoiding Health Issues

Message from the Guest Editors

In several elite sports, training and match loads have been assessed over the years. However, only the clubs with the most resources and money are able to apply more valid and reliable tools. For instance, at the regional level, clubs and their coaches do not have sufficient resources to allow them to precisely monitor the training/match load. The aim of this Special Issue is to provide information on load monitoring, especially in less resourceful sports, but not only, and to show how several load monitoring tools can be used to avoid healthcare issues. The present Special Issue will accept original research and systematic reviews from all sports. We hypothesize that this Special Issue will generate relevant information for several sports to increase performance levels and to avoid healthcare issues.

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