



Physiological Adaptations to Endurance Training

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Message from the Guest Editor

Endurance training is a complex training modality which can be simplified to any type of planned activity that involves repeated isotonic muscle contraction to promote improvements in muscle metabolism and function or cardiovascular metabolism and function. Traditional endurance training has focused on the long duration from low- to moderate-intensity exercise to affect these systems. However, recent evidence suggests intensity as a crucial component for endurance adaptation. Endurance is probably the most crucial adaptation for both lifestyle and sports performance interventions to affect change in the participants.

The aim of this Special Issue is to present novel findings about endurance adaptations with training related to any aspect of health or sports performance. This can include novel endurance training modalities, non-endurance-based training that produces endurance type adaptations or novel outcome measures. New research papers, meta-analysis, reviews or case reports are sought for this issue, but papers should have a focus on the physiological response around endurance adaptations.





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Message from the Editor-in-Chief

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