



Training for Optimal Sports Performance and Health

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Deadline for manuscript
submissions:

closed (31 May 2022)

Message from the Guest Editors

Therefore, the aim of this Special Issue is to identify the training strategies to achieve the desired performance in competitions for athletes, individually or as a team and considering different ages and sports, which can (1) be considered and studied as periodization and programming for training in different periods of the season; (2) keep or lead the athlete to the desired performance by managing the training load; (3) monitor the athlete's wellness status for preventing the development of over-training syndrome and non-functional overreaching statuses as well as to achieve the desired performance and prevent performance distortion; (4) quantify the relationship between fitness assessments with training loads and well-being status; and (5) examine the role of different types of training such as SSG, agility, speed, and resistance training in different age groups in different teams.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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Journal Rank: CiteScore - Q1 (Public Health, Environmental and Occupational Health)

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Environmental Research and Public
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