



Training for Optimal Sports Performance and Health

Guest Editors:

Dr. Hadi Nobari

**Prof. Dr. Juan Pedro Fuentes
García**

Didactic and Behavioral Analysis
of Sports (ADICODE) Research
Group, Faculty of Sport Sciences,
The University of Extremadura,
10003 Cáceres, Spain

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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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Editor-in-Chief

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USA

Message from the Editor-in-Chief

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Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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