



## Strength and Power Training in Elite Athletes to Improve Performance and Health

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submissions:  
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### Message from the Guest Editor

In today's world, achieving success in sport has become a difficult goal for athletes and coaches. Optimal strength and conditioning training is, therefore, an indispensable part of the long-term training process for athletes in individual and team sports to improve performance. In order to improve performance, it is also important to keep athletes healthy. Various interventions (power, maximum strength, hypertrophy-orientated or strength-endurance training), exercises (e.g., free-weight, functional, body-weight or plyometric), and/or periodization strategies (e.g., block, linear or undulating models) to induce positive physical adaptations, which, in turn, can create optimal conditions for improving sport-specific performance and/or health. Improving knowledge and understanding of training responses in different types and proposals of strength and power training will facilitate the training planning of elite athletes.

For this Special Issue, high-quality observational, experimental, review and meta-analysis studies that provide evidence about the benefits of strength training for improving sport-specific performance and/or health in elite sports are welcomed.





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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. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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