



## Test Your Limits: HIRT, HIIT, and Functional Training

Guest Editors:

**Prof. Dr. David Cruz-Díaz**

Department of Health Sciences,  
Universidad de Jaén, Campus  
Las Lagunillas s/n, 23071 Jaén,  
Spain

**Dr. Yolanda Castellote-  
Caballero**

Department of Health Sciences,  
Universidad de Jaén, Campus  
Las Lagunillas s/n, 23071 Jaén,  
Spain

Deadline for manuscript  
submissions:

**closed (30 June 2023)**

### Message from the Guest Editors

Dear Colleagues,

During the last decade, the increasing popularity of high-intensity training programs has led to the development of new types of physical activity modalities, such as high-intensity interval training (HIIT), high-intensity resistance training (HIRT) and functional training. Although there are some similarities among these sports activities, each methodology has its characteristic advantages and disadvantages.

The evidence suggests that these programs have positive effects on athletes, with improvements in sport performance, body composition, and injury prevention. They have also been deemed beneficial in special population groups such as post-stroke patients, heart patients, and older adults.

The present Special Issue aims to provide new evidence about the implementation of these physical activity approaches in physical training in athletes, as well as the possible therapeutic effects of these activities.





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul R. Ward**

School of Society and Culture,  
Adelaide University, Adelaide  
5001, Australia

## 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.

*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 journal.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

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

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/ijerph  
ijerph@mdpi.com  
X@IJERPH\_MDPI