

## Special Issue

# Long-Distance Running for Sport and Public Health: Advances in Methods, Technologies, and Applications

### Message from the Guest Editor

Long-distance running is not just about sport performance; it is also about maintaining one's overall health throughout the rigorous training and throughout the race itself. In essence, long-distance running is not just a test of physical endurance; it is an opportunity to prioritize and enhance overall health through individualized training, nutrition, hydration, and psychological preparation. By approaching long-distance running and racing with a focus on health, runners can not only achieve their performance goals, but can also cultivate habits and behaviors that support long-term well-being and vitality. We will accept manuscripts from different disciplines, allowing five items to be addressed in this Special Issue, as well as others if these address the purpose of the title.

### Guest Editor

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### Deadline for manuscript submissions

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## International Journal of Environmental Research and Public Health

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## About the Journal

### 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.

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### Editor-in-Chief

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