

Special Issue

Training for Optimal Sports Performance and Health

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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Deadline for manuscript submissions

closed (31 May 2022)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/88898

International Journal of Environmental Research and Public Health

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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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