

## Special Issue

# Interval-Training in Sports Medicine

### Message from the Guest Editors

Interval training started as a training approach for athletes, interval training has advanced as a training modality applied in prevention and treatment programs for different diseases and health issues and is now recommended in the treatment guidelines of various professional societies. This Special Issue will focus on the different physiological, psychological, and health-related effects of interval training for both athletes and patients with risk factors or chronic diseases such as hypertension, heart disease, obesity, or diabetes. The Special Issue further aims to provide practical research that can be applied to real-world public health, sporting, and clinical environments in helping to find a solution to the programming puzzle.

*For more information, please click [here](#).*

### Guest Editors

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Prof. Dr. Claudio Renato Nigg

### Deadline for manuscript submissions

closed (20 June 2023)



## Journal of Clinical Medicine

an Open Access Journal  
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### Message from the Editorial Board

There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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