

Special Issue

Optimizing Performance: Training Strategies to Improve Strength, Speed, Power, and Endurance

Message from the Guest Editor

I have the pleasure of inviting researchers to contribute to this Special Issue of *JFMK*, which aims to explore diverse training strategies for enhancing athletic performance. Specific focus will be given to improving athletes' strength, speed, power, and endurance. We seek to promote innovative work and effective methodologies to optimize athletic capabilities.

Additionally, we are interested in exploring new devices and sensors that assist coaches in improving these qualities. We welcome submissions exploring, but not limited to, the following topics:

- Effective training methods for developing muscular strength and power;
- Innovative approaches for improving running speed and sprint performance;
- The integration of resistance training, plyometrics, and other modalities for athletic performance enhancement;
- Endurance training and methods to improve aerobic fitness for overall performance optimization;
- Advancements in exercise physiology, biomechanics, and sports science related to performance optimization.

Guest Editor

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Deadline for manuscript submissions

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About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

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Journal Rank:

JCR - Q2 (Sport Sciences) / CiteScore - Q2 (Physical
Therapy, Sports Therapy and Rehabilitation)

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