

Special Issue

Optimizing Performance: Training Strategies to Improve Strength, Speed, Power, and Endurance, 2nd Edition

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

Dr. Athanasios Tsoukos

Faculty of Physical Education and Sports Science, National and Kapodistrian University of Athens, 17237 Athens, Greece

Deadline for manuscript submissions

31 May 2026



Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
Indexed in PubMed



mdpi.com/si/261237

*Journal of Functional
Morphology and Kinesiology*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jfmk@mdpi.com

[mdpi.com/journal/
jfmk](https://mdpi.com/journal/jfmk)





Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
Indexed in PubMed



[mdpi.com/journal/
jfmk](https://mdpi.com/journal/jfmk)



About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

Prof. Dr. Giuseppe Musumeci

Department of Biomedical and Biotechnological Sciences, Anatomy,
Histology and Movement Sciences Section, School of Medicine,
University of Catania, 95123 Catania, Italy

Author Benefits

High Visibility:

indexed within ESCI (Web of Science), Scopus, PubMed,
PMC, FSTA, and other databases.

Journal Rank:

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

Rapid Publication:

manuscripts are peer-reviewed and a first decision is
provided to authors approximately 26.9 days after
submission; acceptance to publication is undertaken in 1.9
days (median values for papers published in this journal in
the first half of 2025).