

Special Issue

Advances in Physiology of Training—3rd Edition

Message from the Guest Editor

On behalf of *JFMK*, I am organizing a Special Issue on physiological and psychophysiological advancements in exercise training. Exercise and sports performance are mediated by a myriad of factors. Arguably, the physiological foundations of training are essential for understanding how to sustain performance and enhance adaptations over time. While knowledge of training practices and physiology has grown in recent years, the physiological factors that lead to optimal performance and adaptation enhancement remain unclear. This Special Issue is seeking new studies to understand the cardiovascular, respiratory, endocrine, neurological, skeletal muscle, or metabolic factors that may underpin improvements in exercise training. The practical applications of these studies should be highlighted for the benefit of coaches, athletes, and performance analysts.

Guest Editor

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Deadline for manuscript submissions

31 December 2026



Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.2
Indexed in PubMed



mdpi.com/si/266623

*Journal of Functional
Morphology and Kinesiology*
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About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

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provided to authors approximately 20.1 days after
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