

## Special Issue

# Physiological Adaptations and Improvements in Sports Performance through Training in Adverse Environments

### Message from the Guest Editor

The upcoming issue, titled "Physiological Adaptations and Improvements in Sports Performance through Training in Adverse Environments", aims to explore how athletes adapt to challenging environmental conditions and the resulting impact on their performance. The scope includes a comprehensive analysis of the acute and chronic physiological responses to training in extreme environments, such as changes in cardiovascular, respiratory, and muscular systems. It will cover topics like heat acclimatization, cold exposure, altitude training, and simulated hypoxia, examining their effects on endurance, strength, and overall athletic performance. Additionally, this Special Issue will address the practical applications of these training methods, offering insights into optimizing training protocols for various sports disciplines. Research findings, case studies, and expert reviews will provide a holistic understanding of how adverse environmental training can be leveraged to gain competitive advantages, improve resilience, and ensure athlete safety and well-being.

### Guest Editor

Dr. Ismael Martínez Guardado

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### Deadline for manuscript submissions

31 December 2025



## Journal of Functional Morphology and Kinesiology

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Impact Factor 2.5  
CiteScore 3.7  
Indexed in PubMed



[mdpi.com/si/211612](https://mdpi.com/si/211612)

*Journal of Functional  
Morphology and Kinesiology*  
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## About the Journal

### Message from the Editor-in-Chief

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#### Editor-in-Chief

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