

## Special Issue

# Biomechanical Approaches for Performance Enhancement in Running

### Message from the Guest Editors

Running performance is determined by a complex interaction between biomechanical, neuromuscular, and physiological factors. Advances in motion analysis, musculoskeletal modeling, and wearable technologies have substantially improved our understanding of the mechanical determinants underlying elite performance, running efficiency, fatigue resistance, and injury mechanisms. Optimizing biomechanical parameters has become a central objective for enhancing performance and reducing injury risk across sprinting, middle-distance, long-distance, and ultra-distance running disciplines. This Special Issue of the *Journal of Functional Morphology and Kinesiology* aims to provide a comprehensive platform for high-quality research addressing biomechanical approaches to optimize running performance. By consolidating current evidence and emerging insights, this Special Issue seeks to advance the scientific understanding of running biomechanics and facilitate the translation of research findings into evidence-based strategies for improving athletic performance and promoting long-term musculoskeletal health.

### Guest Editors

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### Deadline for manuscript submissions

31 March 2026



## 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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