

Special Issue

Sports-Specific Conditioning: Techniques and Applications

Message from the Guest Editors

Training for elite sports performance has rapidly advanced, evolving from traditional methods to include cutting-edge strategies aimed at both enhancing athletic performance and preventing injuries. This Special Issue seeks to examine how innovative training strategies, periodization techniques, and the integration of emerging technologies can impact not only sports performance but also injury prevention. Along with conventional training practices, technology and data analytics are increasingly being used to customize training programs, offering more precise and effective ways to optimize results while minimizing risks. This also opens the door to exploring new devices that can enhance key athletic abilities such as strength, speed, and endurance—critical factors for competitive success. We invite original research, reviews, and case studies that provide insights into these modern training methods and technologies and their potential to contribute to the advancement of sports science to ultimately benefit athletes, coaches, and conditioning professionals.

Guest Editors

Prof. Dr. Javier Sánchez Sánchez

Research Group PRENDE, Universidad Pontificia de Salamanca, 37002 Salamanca, Spain

Dr. Alejandro Rodríguez-Fernández

VALFIS Research Group, Institute of Biomedicine (BIOMED), Faculty of Physical Activity and Sport Sciences, University of Leon, 24404 Leon, Spain

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jfmk@mdpi.com

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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

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