

Special Issue

Overtraining Prevention

Message from the Guest Editors

Performance enhancement requires a delicate balance between training and recovery to avoid the negative consequences of training. This Special Issue aims to collect a series of original and review papers on the topic of functional/nonfunctional overreaching and overtraining syndrome prevention. After the publication of the ECSS/ACSM (Meeusen et al. 2006 and 2013) consensus statement, it has been easier to compare results from different research groups. However, there is still a lack of information regarding elite athletes, master athletes, and youth athletes competing at very high levels (i.e., youth Olympic games). In particular, master athletes have to fit training into already very busy schedules, and this balance might be even more delicate in such cases. Therefore, recovery strategies and training monitoring need to be optimized both for elite and master athletes.

Key paper topics include, but are not limited to, the following:

- Training monitoring for the prevention of nonfunctional overreaching;

- Case studies on nonfunctional overreaching/overtraining syndrome;

- Enhancement of recovery strategies to optimize performance.

Guest Editors

Dr. Maria Francesca Piacentini

Department of Human Movement and Health Sciences, University of Rome "Foro Italico", 00135 Rome, Italy

Dr. Veronica Vleck

Triathlon Research Initiative, Linho, 2710-692 Sintra, Portugal

Deadline for manuscript submissions

closed (31 December 2020)



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/30610

*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).