

Special Issue

Aerobic Exercise for Health and Performance

Message from the Guest Editors

An increased number of annual outdoor endurance races (e.g., half-marathons) has been observed during the last years worldwide. A main motivation for the participants in these races is the maintenance or improvement of health through aerobic exercise. In addition, aerobic exercise has been considered a core component of training not only for endurance sports, where performance depends mostly on aerobic capacity, but also for other sports, where performance requires a minimum of aerobic capacity (e.g., team sports). In this context, the aim of the present Special Issue is to attract original research articles and reviews examining either health or performance aspects of aerobic exercise. Studies on women, elderly, children, and patients are more than welcome.

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Message from the Editor-in-Chief

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