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## Recovery Strategies Following Ultraendurance Events: Impact on Exercise Performance, Muscle Damage, and Renal and Cardiac Function

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### Message from the Guest Editors

Proper recovery following a competition enables the athlete to return to regular training earlier and, consequently, improves long-term performance. Therefore, optimizing post-ultraendurance-event recovery is crucial. However, research regarding the return to training following such races is scarce, and there is not a clear consensus on whether complete rest, restorative strategies (massage, cryotherapy, nutritional supplementation, clothing with specific compressive qualities), or exercise is the best approach to facilitate the recovery of performance, muscle damage, and cardiac and renal function. More specifically, there is still a gap in the scientific knowledge regarding the most suitable type and intensity of exercise during the week after finishing an ultraendurance event.

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# Special Issue



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## Message from the Editor-in-Chief

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