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Strength Training in Sprint Sports

Guest Editor:

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Message from the Guest Editor

Strength is a foundational quality in athletes that is required to sprint maximally over a range of distances within respective sports. Numerous methods have been adopted within the literature to measure strength (e.g., repetition-maximum testing, and isokinetic and isometric dynamometry), and these have been found to have a widespread influence on the performance of athletes from sprint sports. Furthermore, a variety of approaches have been adopted to improve strength in these athletes. It is essential for the practitioner to understand the implications of greater strength on the performance of athletes from sprint sports, and the most appropriate protocols that should be used to measure strength in these athletes. The aim of this Special Issue is to: 1) investigate the influence of strength on the performance of athletes from sprint sports; 2) investigate how the influence of strength on performance could vary depending on the methods used to measure this quality by the practitioner; and 3) determine the effects of strength training on the performance of athletes from sprint sports.



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Special Issue



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Message from the Editor-in-Chief

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