

Special Issue

Muscle Metabolism, Fatigue and Recovery During Exercise Training

Message from the Guest Editor

Exercise training can be implemented in many different settings ranging from training for general health to training for sports performance. As with any exercise training program, there are many things to consider when prescribing exercise; these factors range from the metabolic pathways used (aerobic, anaerobic) to fatiguing mechanisms (both central and peripheral) and recovery strategies (common and uncommon). This Special Issue will discuss the wide-ranging effects of exercise training on muscle metabolism, fatigue and recovery, with the ultimate goal being to improve the knowledge base on how we exercise, what happens when we fatigue during exercise and how we recover from exercise. Both reviews and original research submissions are welcome, and all forms of original research (e.g., qualitative, quantitative, observational, experimental) will be considered for publication. In line with the scope of *Sports*, all submissions should place a substantive emphasis on at least one aspect of training, with a specific focus on metabolism, fatigue or recovery.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope.

Sports publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 19.9 days after submission; acceptance to publication is undertaken in 5.5 days (median values for papers published in this journal in the second half of 2025).