

## 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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### Deadline for manuscript submissions

5 March 2026



## Sports

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## About the Journal

### Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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### Editor-in-Chief

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