

Special Issue

Endurance Sports Performance: Training, Recovery and Injury-Prevention Strategies

Message from the Guest Editors

Endurance sports have increased in popularity in recent decades. As a result, the scientific community has shown great interest in the training methods and techniques that are most appropriate for increasing performance in these sports, as well as in establishing appropriate recovery and injury-prevention strategies that allow both elite and recreational athletes to accumulate more training load and obtain greater adaptations to training. This Special Issue has the key objective of promoting the publication of scientific works with a highly practical component that are useful and relevant for endurance sport coaches to increase their training quality. Authors are encouraged to present new lines of research and proposals related to training methods, training periodization, the quantification of training load, and the distribution of training intensity in endurance sports. Also, the Special Issue seeks to become a forum for the discussion of recovery methods and injury-prevention strategies used in endurance sports. We invite authors to submit original research papers on or specific reviews of performance in endurance sports, in both elite and recreational athletes.

Guest Editors

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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.

Editor-in-Chief

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JCR - Q1 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.7 days after submission; acceptance to publication is undertaken in 3.7 days (median values for papers published in this journal in the first half of 2025).