

Special Issue

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

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.

Guest Editors

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Deadline for manuscript submissions

closed (20 February 2023)



Sports

an Open Access Journal
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Impact Factor 2.9
CiteScore 4.1
Indexed in PubMed



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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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