

Special Issue

Training, Load, and Physiology in Trail Running

Message from the Guest Editors

Trail running races have become extremely popular in recent years, and the physiological and health consequences of performing such demanding efforts have increasingly attracted the interest of the scientific community. Additionally, trail running has recently been recognized by World Athletics as a new running discipline, with the organization hosting its own Trail World Championships. It is therefore of interest for athletes and coaches to identify the factors that play a critical role in performance in order to improve training strategies and competition results. The aim of this Special Issue is to explore the specific factors that make trail running performance different from similar-distance road races, especially those related to the different means of locomotion (i.e., downhill running, uphill walking, and pole walking) that concur in trail running and how fatigue affects them (i.e., the assessment of its durability). Both interventional and observational studies are welcomed in this emerging field of research.

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.

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