



## Effects of Physical Training on Exercise Performance

Guest Editors:

**Prof. Dr. Marcin Maciejczyk**

Department of Physiology and  
Biochemistry, University of  
Physical Education, 31-571  
Kraków, Poland

**Dr. Przemysław Bujas**

Institute of Sports, University of  
Physical Education, 31-571  
Kraków, Poland

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### Message from the Guest Editors

Physical training results in biochemical, physiological and morphological changes that lead to improvements in exercise performance. It is used not only in competitive sports, but also in recreation or by people with various medical conditions to improve their exercise capacity. Depending on the type of training, it leads to improvements in endurance, strength, speed, coordination, balance or flexibility. In recent years, many new training protocols have been proposed, often combined with physical factors or new training devices. Advanced physical training also incorporates environmental factors (e.g., hypoxia or temperature) to maximize an athlete's exercise capacity. The aim of this Special Issue is to provide a comprehensive evaluation of the effectiveness of different training protocols on components of physical fitness and sport-specific performance, both in professional sports and in recreationally physically active people as well as in sick and disabled people in whom physical training can recover appropriate levels of performance.

Keywords:

- training/sport/fitness
- strength/endurance/intensity
- balance
- physical capacity
- co-ordination
- interval training





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## Editor-in-Chief

**Prof. Dr. Giulio Nicola Cerullo**  
Dipartimento di Fisica,  
Politecnico di Milano, Piazza L.  
da Vinci 32, 20133 Milano, Italy

## Message from the Editor-in-Chief

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Applied Sciences Editorial Office  
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