



Interval Training: Different Approaches and Designs Applied to Health and Fitness

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Message from the Guest Editors

Dear Colleagues,

Exercise training is a cornerstone for health- and fitness-related outcomes. Despite this, most individuals do not meet the minimum amount of moderate (150 minutes) or vigorous (75 minutes) exercise per week. Developing new perspectives of exercise training delivered for healthy and clinical populations seems important to improve exercise participation. Studies show that interval training is able to elicit similar or superior improvements in health- and fitness-related outcomes compared to traditional moderate continuous training. Given that there is no “all size fits all” approach, it is imperative to advance knowledge about the effects of different interval training designs on health- and fitness-related outcomes. This is important because there are several possibilities of interval training designs, high-intensity interval training (HIIT), sprint interval training (SIT), high-intensity functional training (HIFT), HIIT body work, and small-sided games. The Editors would like to invite the authors to submit their studies about the effects of interval training on health-, sport- and/or fitness-related outcomes in healthy or clinical populations.





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Message from the Editor-in-Chief

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