



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

Guest Editors:

**Prof. Dr. Danilo Sales Bocalini**

**Prof. Dr. Alexandre Lopes  
Evangelista**

**Prof. Dr. Roberta Luksevicius  
Rica**

**Prof. Dr. Eduardo Caldas Costa**

**Dr. Valentina Bullo**

Deadline for manuscript  
submissions:  
**closed (31 December 2024)**

### 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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## Editor-in-Chief

**Prof. Dr. Paul R. Ward**

School of Society and Culture,  
Adelaide University, Adelaide  
5001, Australia

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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Health* Editorial Office  
MDPI, Grosspeteranlage 5  
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