



## Training for Optimal Sports Performance and Health

Guest Editors:

**Dr. Hadi Nobari**

**Prof. Dr. Juan Pedro Fuentes  
García**

Didactic and Behavioral Analysis  
of Sports (ADICODE) Research  
Group, Faculty of Sport Sciences,  
The University of Extremadura,  
10003 Cáceres, Spain

Deadline for manuscript  
submissions:

**closed (31 May 2022)**

### Message from the Guest Editors

Therefore, the aim of this Special Issue is to identify the training strategies to achieve the desired performance in competitions for athletes, individually or as a team and considering different ages and sports, which can (1) be considered and studied as periodization and programming for training in different periods of the season; (2) keep or lead the athlete to the desired performance by managing the training load; (3) monitor the athlete's wellness status for preventing the development of over-training syndrome and non-functional overreaching statuses as well as to achieve the desired performance and prevent performance distortion; (4) quantify the relationship between fitness assessments with training loads and well-being status; and (5) examine the role of different types of training such as SSG, agility, speed, and resistance training in different age groups in different teams.





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (Public Health, Environmental and Occupational Health)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/ijerph  
ijerph@mdpi.com  
X@IJERPH\_MDPI