



Optimizing Performance: Training Strategies to Improve Strength, Speed, and Power

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

I have the pleasure of inviting you to contribute to this Special Issue of *JFMK*, titled: "Optimizing Performance: Training Strategies to Improve Strength, Speed, and Power", which aims to explore diverse training strategies for enhancing athletic performance. Specific focus will be given to improving athletes' strength, speed, and power. We seek to promote innovative work and effective methodologies to optimize athletic capabilities. Additionally, we are interested in exploring new devices and sensors that assist coaches in improving these three qualities. We welcome submissions exploring, but not limited to, the following topics:

- Effective training methods for developing muscular strength and power;
- Innovative approaches for improving running speed and sprint performance;
- The integration of resistance training, plyometrics, and other modalities

for athletic performance enhancement;

- Advancements in exercise physiology, biomechanics, and sports science related to performance optimization.

