



Overtraining Prevention

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Message from the Guest Editors

Performance enhancement requires a delicate balance between training and recovery to avoid the negative consequences of training. This Special Issue aims to collect a series of original and review papers on the topic of functional/nonfunctional overreaching and overtraining syndrome prevention. After the publication of the ECSS/ACSM (Meeusen et al. 2006 and 2013) consensus statement, it has been easier to compare results from different research groups. However, there is still a lack of information regarding elite athletes, master athletes, and youth athletes competing at very high levels (i.e., youth Olympic games). In particular, master athletes have to fit training into already very busy schedules, and this balance might be even more delicate in such cases. Therefore, recovery strategies and training monitoring need to be optimized both for elite and master athletes.

Key paper topics include, but are not limited to, the following:

Training monitoring for the prevention of nonfunctional overreaching;

Case studies on nonfunctional overreaching/overtraining syndrome;

Enhancement of recovery strategies to optimize performance.

