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Special Issue Reprint

# Strategies to Improve Modifiable Factors of Athletic Success

**Edited by: Vincent Dalbo, Michael D. Roberts and David H. Fukuda**

This Reprint examines practical, evidence-based strategies that can enhance modifiable factors contributing to athletic success. Drawing from exercise physiology, nutrition, sport psychology, and skill acquisition, the collection highlights how coaches and practitioners can more effectively influence athlete performance. The articles explore approaches for improving training efficiency, monitoring physiological adaptation, supporting psychological readiness, and optimizing nutritional practices. Together, these studies provide applied insights designed to help coaches refine their methods and improve outcomes across a wide range of sporting environments.

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