



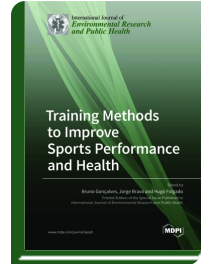
Special Issue Reprint

Training Methods to Improve Sports Performance and Health

www.mdpi.com/books/reprint/4850

Edited by
Bruno Gonçalves
Jorge Bravo
Hugo Folgado

ISBN 978-3-0365-2967-7 (Hardback)
ISBN 978-3-0365-2966-0 (PDF)



There are several types of training methods aiming to develop sports performance and improve health indicators. Fundamentally, training methods are the result of manipulating different training variables, and the possibility of combining these variables is vast. Therefore, the search to study the effect of these constraints on sports and health, considering specific contexts and taking into account the magnitude of inter-individual responses, will afford a better understanding of the training interventions.

At the same time, over the years, numerous innovations and technological advances have been introduced to assist the development of athletes' performance and monitor individual lifestyles. These advances have changed how training may be conducted, controlled, and evaluated. For example, in sport settings, using technology to collect many and continuous data of athletes' activity in their natural environments appears as an innovative and promising step. In health, an enormous diversity of training methods supporting healthy lifestyles and innovative approaches is arising, especially from higher-quality information gathered through technological development.

Papers addressing these topics are included in this book, especially those combining a high academic standard with a practical focus on providing knowledge on how training methods improve sports performance and health across people's lifespans. New evidence on responses to stress and effects of training methods.



You can order print copies at
www.mdpi.com/books/reprint/4850

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.