



Special Issue Reprint

Stress and Training Load Effects on Recovery, Well-Being and Sports Performance

www.mdpi.com/books/reprint/5089

Edited by

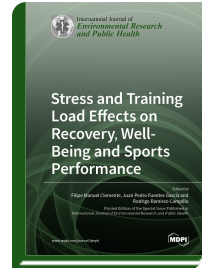
Filipe Manuel Clemente

Juan Pedro Fuentes García

Rodrigo Ramirez-Campillo

ISBN 978-3-0365-3321-6 (Hardback)

ISBN 978-3-0365-3322-3 (PDF)



A growing body of literature demonstrates the influence of stress and training load on the recovery process and the well-being of exercise practitioners and athletes. The dependent relationships among stress, training load, recovery, and well-being may constrain overall performance, considering the well-established and abundant evidence on the subject. However, the magnitude of such relationships may vary according to many contextual factors and the adaptability of the practitioners and athletes. Considering that more research should be carried out and published, the aim of the Special Issue “Stress and Training Load Effects on Recovery, Well-Being and Sports Performance” is to present high-quality original investigations or systematic reviews in the field of stress, training load, recovery, well-being and sports performance.



Order Your Print Copy
You can order print copies at
www.mdpi.com/books/reprint/5089

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.