



International Journal of  
Environmental Research and  
Public Health

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an Open Access Journal by MDPI

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CiteScore: 8.5

Indexed in PubMed

Special Issue Reprint

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

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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.

