

Special Issue

The Physiology of Endurance Training and Its Practical Application for Lifelong Health

Message from the Guest Editor

This Special Issue of the International Journal of Environmental Research and Public Health (IJERPH) focuses on the current state of knowledge on the links between endurance training and human health. New research papers, reviews, case reports and conference papers are welcome, as are papers presenting new approaches to training for VO₂max and enhancement. We will accept manuscripts from disciplines including exposure assessment science, epidemiology, intervention studies, and risk and health impact assessment and management, including training standards. The following are examples of topics that could be addressed in this Special Issue: 1. The effect of endurance training on cardiovascular function, metabolic efficiency, and musculoskeletal integrity. 2. The effect of endurance training on the risk of chronic diseases and mental health, and its importance in public health initiatives. 3. Practical applications of endurance training, including personalized training programs, the monitoring of physiological markers, and interdisciplinary collaboration between scientists and healthcare professionals.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Editor-in-Chief

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