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Optimising Interval Training Prescription

Guest Editor:

Message from the Guest Editor

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High-intensity interval training (HIT) is one of the most effective training for improving performance in various sports. Extensive research has focused on understanding the acute and chronic effects of different forms of HIT to optimize prescription in athletes. A variety of peripheral, cardiovascular, and neural adaptations contribute to increase cardiorespiratory fitness, power, and endurance after HIT programs. However, sport scientists and coaches continue to explore innovative ways to increase the load (i.e., stress) imposed by such training sessions in order to further optimize physiological adaptations and produce greater athletic performance gains. This Special Issue therefore invites original research contributions that bring new knowledge about the use of external stimuli and/or manipulation of training variables to enhance the quality of acute and chronic interval and repeated-sprint training sessions for long-term adaptations in trained athletes. Contributions should also explore the physiological mechanisms at play to better comprehend performance gains.



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Special Issue



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Message from the Editor-in-Chief

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