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Strength Training in Sprint Sports

Guest Editor:

Dr. Robert Lockie

Department of Kinesiology,
California State University,
Fullerton, CA 92831, USA

Deadline for manuscript
submissions:

closed (30 April 2019)

Message from the Guest Editor

Strength is a foundational quality in athletes that is required to sprint maximally over a range of distances within respective sports. Numerous methods have been adopted within the literature to measure strength (e.g., repetition-maximum testing, and isokinetic and isometric dynamometry), and these have been found to have a widespread influence on the performance of athletes from sprint sports. Furthermore, a variety of approaches have been adopted to improve strength in these athletes. It is essential for the practitioner to understand the implications of greater strength on the performance of athletes from sprint sports, and the most appropriate protocols that should be used to measure strength in these athletes. The aim of this Special Issue is to: 1) investigate the influence of strength on the performance of athletes from sprint sports; 2) investigate how the influence of strength on performance could vary depending on the methods used to measure this quality by the practitioner; and 3) determine the effects of strength training on the performance of athletes from sprint sports.



mdpi.com/si/15517

Special Issue



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Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement
Sciences and Sport, IBWS ETH,
HCP H 25.1, Leopold-Ruzicka-
Weg 4, CH-8093 Zürich,
Switzerland
2. Karolinska Institutet,
Stockholm, Sweden

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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Journal Rank: CiteScore - Q1 (*Physical Therapy, Sports Therapy and Rehabilitation*)

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Sports Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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