



Understanding the Effect of Training and Its Determinants in Youth

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Message from the Guest Editor

The age at which many children start intensive training has significantly decreased in recent decades, with the majority of youth athletes pre- or early pubertal. Despite this, the optimal approach to training in youth is unclear. There has been considerable renewed interest in understanding the influence of exercise training on the physiological responses of youth, and how this is moderated by factors such as sex, maturity and training type. This understanding has important implications for talent development and identification strategies. However, fundamental questions remain, with methodologically rigorous approaches required to fully elucidate these sought-after answers.

This Special Issue calls for original research articles addressing the influence of training on the physiological responses of youth, including those that consider the practical application to sporting contexts. Studies considering the full spectrum of responses, from aerobic to strength, speed and fundamental movement skills are invited. Reviews, intervention-based and mixed methodology studies are also welcome.





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Message from the Editor-in-Chief

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