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STRENGTH TRAINING FOR ENDURANCE SPORTS: AN OVERVIEW OF THE CURRENT RESEARCH

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The role and importance of strength and conditioning in endurance sports has become a much-debated topic in recent years. Despite the emerging evidence supporting its role in performance enhancement and injury reduction, consensus is lacking on its effectiveness across all endurance populations, and implementation is often met with resistance by those with traditional, long held beliefs that strength and endurance training are conflicting ends of a physical spectrum. The presentation provides an overview of current research pertaining to strength training for endurance sports.



Note: