

Association Between Weekly Strength Training Load and Perceived Physical Performance in Non-Professional Soccer Players

NCT07408739

Status RECRUITING
Sponsor University of Oviedo
Enrollment 146 participants

Key Eligibility Criteria

Inclusion (5)

- Age between 18 and 40 years.
- Competing in the 3^a RFEF category.
- Male sex.
- Having at least two years of seniority in federated football.
- Signing the informed consent document.

Exclusion (4)

- Athletes with injuries lasting more than 3 months during the last season.
- Participation in fewer than two weekly group training sessions (one or none).
- Having undergone lower-limb surgery in the last 24 months.
- Players who, despite being able to attend training sessions on a continuous basis, have a regular occupational activity that causes such a high physical workload that their sports performance is limited in training and/or competition.

Locations (1 total)

Universidad de Oviedo, Oviedo, Principality of Asturias, Spain