

Fernando Pareja Blanco

List of Publications by Year in descending order

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Version: 2024-02-01

79
papers

2,287
citations

279487

23
h-index

253896

43
g-index

79
all docs

79
docs citations

79
times ranked

1381
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of velocity loss during resistance training on athletic performance, strength gains and muscle adaptations. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 724-735.	1.3	290
2	Maximal intended velocity training induces greater gains in bench press performance than deliberately slower half-velocity training. <i>European Journal of Sport Science</i> , 2014, 14, 772-781.	1.4	127
3	Physiological and methodological aspects of rate of force development assessment in human skeletal muscle. <i>Clinical Physiology and Functional Imaging</i> , 2018, 38, 743-762.	0.5	119
4	Effect of Movement Velocity during Resistance Training on Neuromuscular Performance. <i>International Journal of Sports Medicine</i> , 2014, 35, 916-924.	0.8	117
5	Effects of Velocity Loss During Resistance Training on Performance in Professional Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 512-519.	1.1	100
6	Velocity Loss as a Critical Variable Determining the Adaptations to Strength Training. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1752-1762.	0.2	81
7	Effects of Velocity-Based Resistance Training on Young Soccer Players of Different Ages. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 1329-1338.	1.0	79
8	Short-term Recovery Following Resistance Exercise Leading or not to Failure. <i>International Journal of Sports Medicine</i> , 2016, 37, 295-304.	0.8	77
9	Acute and delayed response to resistance exercise leading or not leading to muscle failure. <i>Clinical Physiology and Functional Imaging</i> , 2017, 37, 630-639.	0.5	77
10	Validity of a Simple Method for Measuring Force-Velocity-Power Profile in Countermovement Jump. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 36-43.	1.1	71
11	Effects of Combined Resistance Training and Plyometrics on Physical Performance in Young Soccer Players. <i>International Journal of Sports Medicine</i> , 2015, 36, 906-914.	0.8	65
12	Movement Velocity as Indicator of Relative Intensity and Level of Effort Attained During the Set in Pull-Up Exercise. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1378-1384.	1.1	57
13	Time Course of Recovery From Resistance Exercise With Different Set Configurations. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2867-2876.	1.0	50
14	Effects of velocity loss in the bench press exercise on strength gains, neuromuscular adaptations, and muscle hypertrophy. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 2154-2166.	1.3	50
15	Match-play Activity Profile in Elite Women's Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 452-458.	1.0	49
16	Determinant Factors of Physical Performance and Specific Throwing in Handball Players of Different Ages. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1778-1786.	1.0	49
17	Effects of 6 Weeks Resistance Training Combined With Plyometric and Speed Exercises on Physical Performance of Pre-Peak-Height-Velocity Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 240-246.	1.1	44
18	Velocity-based resistance training: impact of velocity loss in the set on neuromuscular performance and hormonal response. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 817-828.	0.9	40

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19	Jump height loss as an indicator of fatigue during sprint training. <i>Journal of Sports Sciences</i> , 2019, 37, 1029-1037.	1.0	39
20	Low-Velocity Loss Induces Similar Strength Gains to Moderate-Velocity Loss During Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 340-345.	1.0	37
21	Time Course of Recovery Following Resistance Exercise with Different Loading Magnitudes and Velocity Loss in the Set. <i>Sports</i> , 2019, 7, 59.	0.7	32
22	Validity of Using Velocity to Estimate Intensity in Resistance Exercises in Men and Women. <i>International Journal of Sports Medicine</i> , 2020, 41, 1047-1055.	0.8	30
23	Mechanical, Metabolic and Perceptual Response during Sprint Training. <i>International Journal of Sports Medicine</i> , 2016, 37, 807-812.	0.8	25
24	Effect of different inter-repetition rest intervals across four load intensities on velocity loss and blood lactate concentration during full squat exercise. <i>Journal of Sports Sciences</i> , 2018, 36, 2856-2864.	1.0	25
25	Evolution of Determinant Factors of Repeated Sprint Ability. <i>Journal of Human Kinetics</i> , 2016, 54, 115-126.	0.7	24
26	Relationships Between Sprint, Jumping and Strength Abilities, and 800 M Performance in Male Athletes of National and International Levels. <i>Journal of Human Kinetics</i> , 2017, 58, 187-195.	0.7	23
27	Effects of Velocity Loss During Body Mass Prone-Grip Pull-up Training on Strength and Endurance Performance. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 911-917.	1.0	23
28	Maximum Strength, Relative Strength, and Strength Deficit: Relationships With Performance and Differences Between Elite Sprinters and Professional Rugby Union Players. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1148-1153.	1.1	21
29	Maximal Velocity as a Discriminating Factor in the Performance of Loaded Squat Jumps. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 227-234.	1.1	20
30	Physical and Physiological Demands During Handball Matches in Male Adolescent Players. <i>Journal of Human Kinetics</i> , 2020, 72, 253-263.	0.7	19
31	Determinant Factors of Repeat Sprint Sequences in Young Soccer Players. <i>International Journal of Sports Medicine</i> , 2015, 36, 130-136.	0.8	18
32	Enhanced Strength and Sprint Levels, and Changes in Blood Parameters during a Complete Athletics Season in 800 m High-Level Athletes. <i>Frontiers in Physiology</i> , 2017, 8, 637.	1.3	18
33	Role of CaMKII and sarcolipin in muscle adaptations to strength training with different levels of fatigue in the set. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 91-103.	1.3	18
34	Comparison of linear, hyperbolic and double-hyperbolic models to assess the force-velocity relationship in multi-joint exercises. <i>European Journal of Sport Science</i> , 2021, 21, 359-369.	1.4	17
35	Estimation of maximum sprinting speed with timing gates: greater accuracy of 5-m split times compared to 10-m splits. <i>Sports Biomechanics</i> , 2024, 23, 262-272.	0.8	17
36	Effects of Resistance Training and Combined Training Program on Repeated Sprint Ability in Futsal Players. <i>International Journal of Sports Medicine</i> , 2018, 39, 517-526.	0.8	16

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37	Effect of Velocity Loss on Strength Performance in Bench Press Using a Weight Stack Machine. <i>International Journal of Sports Medicine</i> , 2020, 41, 921-928.	0.8	15
38	Monitoring Training Volume Through Maximal Number of Repetitions or Velocity-Based Approach. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 527-534.	1.1	15
39	Mechanomyographic Measures of Muscle Contractile Properties are Influenced by Electrode Size and Stimulation Pulse Duration. <i>Scientific Reports</i> , 2020, 10, 8192.	1.6	14
40	Jump-Squat Performance and Its Relationship With Relative Training Intensity in High-Level Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2015, 10, 1036-1040.	1.1	13
41	Combined Squat and Light-Load Resisted Sprint Training for Improving Athletic Performance. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2457-2463.	1.0	12
42	Transcranial direct current stimulation and repeated sprint ability: No effect on sprint performance or ratings of perceived exertion. <i>European Journal of Sport Science</i> , 2022, 22, 569-578.	1.4	12
43	Performance and reference data in the jump squat at different relative loads in elite sprinters, rugby players, and soccer players. <i>Biology of Sport</i> , 2021, 38, 219-227.	1.7	12
44	Effects of Four Different Velocity-Based Training Programming Models on Strength Gains and Physical Performance. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 596-603.	1.0	12
45	Time course of recovery from resistance exercise before and after a training program. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 1458-1465.	0.4	11
46	Analysis of the Load-Velocity Relationship in Deadlift Exercise. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 452-459.	0.7	11
47	Narrative Review on the Use of Sled Training to Improve Sprint Performance in Team Sport Athletes. <i>Strength and Conditioning Journal</i> , 2023, 45, 13-28.	0.7	11
48	Effect of Low- vs. Moderate-Load Squat Training on Strength, Jump and Sprint Performance in Physically Active Women. <i>International Journal of Sports Medicine</i> , 2016, 37, 476-482.	0.8	10
49	The Effects of Aquatic Plyometric Training on Repeated Jumps, Drop Jumps and Muscle Damage. <i>International Journal of Sports Medicine</i> , 2018, 39, 764-772.	0.8	10
50	Muscle Activity, Leg Stiffness, and Kinematics During Unresisted and Resisted Sprinting Conditions. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1839-1846.	1.0	10
51	Preseason Injury Characteristics in Spanish Professional Futsal Players. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, .	1.0	9
52	Effects of individualised training programmes based on the force-velocity imbalance on physical performance in rugby players. <i>Isokinetics and Exercise Science</i> , 2020, 28, 181-190.	0.2	9
53	Effects of Resistance Training on Physical Performance in High-Level 800-Meter Athletes: A Comparison Between High-Speed Resistance Training and Circuit Training. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1905-1915.	1.0	9
54	Velocity-based resistance training: do women need greater velocity loss to maximize adaptations?. <i>European Journal of Applied Physiology</i> , 2022, 122, 1269-1280.	1.2	9

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55	Relationships between Resisted Sprint Performance and Different Strength and Power Measures in Rugby Players. <i>Sports</i> , 2020, 8, 34.	0.7	8
56	Effects of Different In-Season Strength Training Methods on Strength Gains and Water Polo Performance. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 591-600.	1.1	8
57	Effects of Velocity Loss Threshold Within Resistance Training During Concurrent Training on Endurance and Strength Performance. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 849-857.	1.1	8
58	Reliability and Accuracy of Ball Speed During Different Strokes in Young Tennis Players. <i>Sports Medicine International Open</i> , 2018, 02, E133-E141.	0.3	7
59	Dose-Response Relationship Between Velocity Loss During Resistance Training and Changes in the Squat Force-Velocity Relationship. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1736-1745.	1.1	7
60	Acute Effects of Progressive Sled Loading on Resisted Sprint Performance and Kinematics. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1524-1531.	1.0	7
61	Do Faster, Stronger, and More Powerful Athletes Perform Better in Resisted Sprints?. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1826-1832.	1.0	7
62	Effects of low load exercise with and without blood flow restriction on microvascular oxygenation, muscle excitability and perceived pain. <i>European Journal of Sport Science</i> , 2023, 23, 542-551.	1.4	7
63	Effects of Resisted Sprints With Changes of Direction Through Several Relative Loads on Physical Performance in Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 1022-1028.	1.1	6
64	Comparison of load-velocity relationships in two bench press variations: weight stack machine vs Smith machine. <i>Sports Biomechanics</i> , 2022, 21, 1147-1159.	0.8	6
65	Effects of Exercise Sequence and Velocity Loss Threshold During Resistance Training on Following Endurance and Strength Performance During Concurrent Training. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 811-817.	1.1	6
66	Effects of Unloaded Sprint and Heavy Sled Training on Sprint Performance in Physically Active Women. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 1356-1362.	1.1	6
67	Effects of Cluster Set Configuration on Mechanical Performance and Neuromuscular Activity. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 310-317.	1.0	6
68	Specific Adaptations to 0%, 15%, 25%, and 50% Velocity-Loss Thresholds During Bench Press Training. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 1231-1241.	1.1	6
69	Acute and Short-Term Response to Different Loading Conditions During Resisted Sprint Training. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 997-1004.	1.1	5
70	A Novel Strategy to Determine the 1-Repetition Maximum in the Jump Squat Exercise. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 2330-2334.	1.0	4
71	Efectos del entrenamiento pliométrico acuático vs. seco sobre el salto vertical / Effects of land vs. Aquatic Plyometric Training on Vertical Jump. <i>Revista Internacional De Medicina Y Ciencias De La Actividad Física Y Del Deporte</i> , 2017, 65, .	0.1	3
72	Determining the One Repetition Maximum in the Ballistic Bench Press Exercise. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3321-3325.	1.0	3

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73	Jump-Squat Performance and Its Relationship With Relative Training Intensity in High-Level Athletes. International Journal of Sports Physiology and Performance, 2015, 10, 1036-40.	1.1	3
74	Evolution of contractile properties of the lower limb muscles throughout a season in elite futsal players. Journal of Sports Medicine and Physical Fitness, 2020, 60, 965-973.	0.4	2
75	Determinant factors of pull-up performance in trained athletes. Journal of Sports Medicine and Physical Fitness, 2016, 56, 825-33.	0.4	2
76	LOAD THAT MAXIMIZES POWER OUTPUT IN COUNTERMOVEMENT JUMP. Revista Brasileira De Medicina Do Esporte, 2016, 22, 13-16.	0.1	1
77	Determinant factors for specific throwing and physical performance in beach handball. Science and Sports, 2021, , .	0.2	1
78	Velocity-Based Training for Monitoring Training Load and Assessing Training Effects. Lecture Notes in Bioengineering, 2022, , 153-179.	0.3	0
79	Are cluster sets an effective method to induce muscular hypertrophy in response to resistance training?. Revista Brasileira De Ciencias Do Esporte, 0, 42, .	0.4	0