

Phillip M Bellinger

List of Publications by Year in descending order

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Version: 2024-02-01

24
papers

334
citations

758635

12
h-index

887659

17
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24
all docs

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docs citations

24
times ranked

458
citing authors

#	ARTICLE	IF	CITATIONS
1	Effect of Combined β -Alanine and Sodium Bicarbonate Supplementation on Cycling Performance. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 1545-1551.	0.2	51
2	β -Alanine Supplementation for Athletic Performance. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1751-1770.	1.0	35
3	The Effect of Beta-Alanine Supplementation on Isokinetic Force and Cycling Performance in Highly Trained Cyclists. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013, 23, 562-570.	1.0	21
4	Functional Overreaching in Endurance Athletes: A Necessity or Cause for Concern?. <i>Sports Medicine</i> , 2020, 50, 1059-1073.	3.1	20
5	Muscle fiber typology is associated with the incidence of overreaching in response to overload training. <i>Journal of Applied Physiology</i> , 2020, 129, 823-836.	1.2	19
6	Muscle Typology of World-Class Cyclists across Various Disciplines and Events. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 816-824.	0.2	18
7	The effect of β -alanine supplementation on cycling time trials of different length. <i>European Journal of Sport Science</i> , 2016, 16, 829-836.	1.4	17
8	Overreaching Attenuates Training-induced Improvements in Muscle Oxidative Capacity. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 77-85.	0.2	17
9	Determinants of last lap speed in paced and maximal 1500-m time trials. <i>European Journal of Applied Physiology</i> , 2021, 121, 525-537.	1.2	17
10	Performance effects of acute β -alanine induced paresthesia in competitive cyclists. <i>European Journal of Sport Science</i> , 2016, 16, 88-95.	1.4	14
11	Modelling the Acceleration and Deceleration Profile of Elite-level Soccer Players. <i>International Journal of Sports Medicine</i> , 2019, 40, 331-335.	0.8	13
12	Additive Benefits of β -Alanine Supplementation and Sprint-Interval Training. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 2417-2425.	0.2	12
13	Muscle Damage and Metabolic Responses to Repeated-Sprint Running With and Without Deceleration. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3423-3430.	1.0	11
14	Reliability of salivary cortisol and immunoglobulin-A measurements from the IPRO [®] before and after sprint cycling exercise. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 1680-1686.	0.4	10
15	Metabolic consequences of β -alanine supplementation during exhaustive supramaximal cycling and 4000-m time-trial performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 864-871.	0.9	9
16	Anaerobic Energy Production During Sprint Paddling in Junior Competitive and Recreational Surfers. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 810-815.	1.1	9
17	The Effect of Consuming Carbohydrate With and Without Protein on the Rate of Muscle Glycogen Re-synthesis During Short-Term Post-exercise Recovery: a Systematic Review and Meta-analysis. <i>Sports Medicine - Open</i> , 2021, 7, 9.	1.3	9
18	Determinants of Performance in Paced and Maximal 800-m Running Time Trials. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 2635-2644.	0.2	7

#	ARTICLE	IF	CITATIONS
19	Quantification of maximal power output in well-trained cyclists. <i>Journal of Sports Sciences</i> , 2021, 39, 84-90.	1.0	6
20	The age, height, and body mass of Olympic swimmers: A 50-year review and update. <i>International Journal of Sports Science and Coaching</i> , 2021, 16, 210-223.	0.7	5
21	Quantifying the Activity Profile of Female Beach Volleyball Tournament Match-Play. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 142-148.	0.7	5
22	Strong, Fast, Fit, Lean, and Safe: A Positional Comparison of Physical and Physiological Qualities Within the 2020 Australian Women's Rugby League Team. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, S11-S19.	1.0	5
23	Does ketone ester supplementation really blunt overreaching symptoms during endurance training overload?. <i>Journal of Physiology</i> , 2019, 597, 5307-5308.	1.3	4
24	Re-thinking athlete training loads: little rocks and big rocks can be understood with a multivariable approach. <i>Research in Sports Medicine</i> , 2021, , 1-3.	0.7	0