

# Martin Gibala

## List of Publications by Citations

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155  
papers

11,204  
citations

49  
h-index

104  
g-index

162  
ext. papers

12,665  
ext. citations

3.6  
avg, IF

6.63  
L-index

#	Paper	IF	Citations
155	Physiological adaptations to low-volume, high-intensity interval training in health and disease. <i>Journal of Physiology</i> , <b>2012</b> , 590, 1077-84	3.9	863
154	Similar metabolic adaptations during exercise after low volume sprint interval and traditional endurance training in humans. <i>Journal of Physiology</i> , <b>2008</b> , 586, 151-60	3.9	720
153	Short-term sprint interval versus traditional endurance training: similar initial adaptations in human skeletal muscle and exercise performance. <i>Journal of Physiology</i> , <b>2006</b> , 575, 901-11	3.9	639
152	Six sessions of sprint interval training increases muscle oxidative potential and cycle endurance capacity in humans. <i>Journal of Applied Physiology</i> , <b>2005</b> , 98, 1985-90	3.7	513
151	Low-volume high-intensity interval training reduces hyperglycemia and increases muscle mitochondrial capacity in patients with type 2 diabetes. <i>Journal of Applied Physiology</i> , <b>2011</b> , 111, 1554-60	3.7	471
150	A practical model of low-volume high-intensity interval training induces mitochondrial biogenesis in human skeletal muscle: potential mechanisms. <i>Journal of Physiology</i> , <b>2010</b> , 588, 1011-22	3.9	388
149	Metabolic adaptations to short-term high-intensity interval training: a little pain for a lot of gain?. <i>Exercise and Sport Sciences Reviews</i> , <b>2008</b> , 36, 58-63	6.7	366
148	Physiological adaptations to interval training and the role of exercise intensity. <i>Journal of Physiology</i> , <b>2017</b> , 595, 2915-2930	3.9	342
147	Brief intense interval exercise activates AMPK and p38 MAPK signaling and increases the expression of PGC-1alpha in human skeletal muscle. <i>Journal of Applied Physiology</i> , <b>2009</b> , 106, 929-34	3.7	266
146	Effect of short-term sprint interval training on human skeletal muscle carbohydrate metabolism during exercise and time-trial performance. <i>Journal of Applied Physiology</i> , <b>2006</b> , 100, 2041-7	3.7	254
145	Is high-intensity interval training a time-efficient exercise strategy to improve health and fitness?. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2014</b> , 39, 409-12	3	237
144	Low-volume interval training improves muscle oxidative capacity in sedentary adults. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 1849-56	1.2	227
143	Changes in human skeletal muscle ultrastructure and force production after acute resistance exercise. <i>Journal of Applied Physiology</i> , <b>1995</b> , 78, 702-8	3.7	213
142	Nitrate supplementation improves 10-km time-trial performance in trained cyclists. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2012</b> , 22, 64-71	4.4	211
141	Sprint interval and traditional endurance training induce similar improvements in peripheral arterial stiffness and flow-mediated dilation in healthy humans. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2008</b> , 295, R236-42	3.2	207
140	An acute bout of high-intensity interval training increases the nuclear abundance of PGC-1alpha and activates mitochondrial biogenesis in human skeletal muscle. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2011</b> , 300, R1303-10	3.2	206
139	Muscle time under tension during resistance exercise stimulates differential muscle protein sub-fractional synthetic responses in men. <i>Journal of Physiology</i> , <b>2012</b> , 590, 351-62	3.9	197

138	Twelve Weeks of Sprint Interval Training Improves Indices of Cardiometabolic Health Similar to Traditional Endurance Training despite a Five-Fold Lower Exercise Volume and Time Commitment. <i>PLoS ONE</i> , <b>2016</b> , 11, e0154075	3.7	177
137	The time course for elevated muscle protein synthesis following heavy resistance exercise. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>1995</b> , 20, 480-6		164
136	Divergent response of metabolite transport proteins in human skeletal muscle after sprint interval training and detraining. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2007</b> , 292, R1970-6	3.2	158
135	Endurance exercise training attenuates leucine oxidation and BCOAD activation during exercise in humans. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2000</b> , 278, E580-7	6	151
134	Interval training in the fed or fasted state improves body composition and muscle oxidative capacity in overweight women. <i>Obesity</i> , <b>2013</b> , 21, 2249-55	8	142
133	Acute high-intensity interval exercise reduces the postprandial glucose response and prevalence of hyperglycaemia in patients with type 2 diabetes. <i>Diabetes, Obesity and Metabolism</i> , <b>2012</b> , 14, 575-7	6.7	141
132	Nutritional strategies to promote postexercise recovery. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2010</b> , 20, 515-32	4.4	130
131	Matched work high-intensity interval and continuous running induce similar increases in PGC-1 $\alpha$ mRNA, AMPK, p38, and p53 phosphorylation in human skeletal muscle. <i>Journal of Applied Physiology</i> , <b>2012</b> , 112, 1135-43	3.7	129
130	Anaplerosis of the citric acid cycle: role in energy metabolism of heart and skeletal muscle. <i>Acta Physiologica Scandinavica</i> , <b>2000</b> , 168, 657-65		128
129	Physiological and health-related adaptations to low-volume interval training: influences of nutrition and sex. <i>Sports Medicine</i> , <b>2014</b> , 44 Suppl 2, S127-37	10.6	112
128	Acute endurance exercise increases the nuclear abundance of PGC-1 $\alpha$ in trained human skeletal muscle. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2010</b> , 298, R912-7	3.2	110
127	Reduced carbohydrate availability enhances exercise-induced p53 signaling in human skeletal muscle: implications for mitochondrial biogenesis. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2013</b> , 304, R450-8	3.2	108
126	Three minutes of all-out intermittent exercise per week increases skeletal muscle oxidative capacity and improves cardiometabolic health. <i>PLoS ONE</i> , <b>2014</b> , 9, e111489	3.7	107
125	Superior mitochondrial adaptations in human skeletal muscle after interval compared to continuous single-leg cycling matched for total work. <i>Journal of Physiology</i> , <b>2017</b> , 595, 2955-2968	3.9	105
124	Neuromuscular adaptations in human muscle following low intensity resistance training with vascular occlusion. <i>European Journal of Applied Physiology</i> , <b>2004</b> , 92, 399-406	3.4	104
123	A scoping review of the psychological responses to interval exercise: is interval exercise a viable alternative to traditional exercise?. <i>Health Psychology Review</i> , <b>2017</b> , 11, 324-344	7.1	100
122	No improvement in endurance performance after a single dose of beetroot juice. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2012</b> , 22, 470-8	4.4	95
121	Resistance training with vascular occlusion: metabolic adaptations in human muscle. <i>Medicine and Science in Sports and Exercise</i> , <b>2003</b> , 35, 1203-8	1.2	88

120	Low- and high-volume of intensive endurance training significantly improves maximal oxygen uptake after 10-weeks of training in healthy men. <i>PLoS ONE</i> , <b>2013</b> , 8, e65382	3.7	84
119	Music enhances performance and perceived enjoyment of sprint interval exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 1052-60	1.2	78
118	Effect of glycogen availability on human skeletal muscle protein turnover during exercise and recovery. <i>Journal of Applied Physiology</i> , <b>2010</b> , 109, 431-8	3.7	75
117	Molecular responses to high-intensity interval exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2009</b> , 34, 428-32	3	75
116	Intermittent and continuous high-intensity exercise training induce similar acute but different chronic muscle adaptations. <i>Experimental Physiology</i> , <b>2014</b> , 99, 782-91	2.4	74
115	High-intensity interval training: a time-efficient strategy for health promotion?. <i>Current Sports Medicine Reports</i> , <b>2007</b> , 6, 211-3	1.9	74
114	Carbohydrate feeding during recovery alters the skeletal muscle metabolic response to repeated sessions of high-intensity interval exercise in humans. <i>Journal of Applied Physiology</i> , <b>2010</b> , 108, 628-36	3.7	72
113	Failure of protein to improve time trial performance when added to a sports drink. <i>Medicine and Science in Sports and Exercise</i> , <b>2006</b> , 38, 1476-83	1.2	72
112	Tricarboxylic acid cycle intermediate pool size and estimated cycle flux in human muscle during exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>1998</b> , 275, E235-42	6	70
111	Eccentric exercise increases satellite cell content in type II muscle fibers. <i>Medicine and Science in Sports and Exercise</i> , <b>2013</b> , 45, 230-7	1.2	65
110	High-intensity interval exercise induces 24-h energy expenditure similar to traditional endurance exercise despite reduced time commitment. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2014</b> , 39, 845-8	3	62
109	Glycogen availability does not affect the TCA cycle or TAN pools during prolonged, fatiguing exercise. <i>Journal of Applied Physiology</i> , <b>2003</b> , 94, 2181-7	3.7	62
108	Evidence for the contribution of muscle stem cells to nonhypertrophic skeletal muscle remodeling in humans. <i>FASEB Journal</i> , <b>2013</b> , 27, 4596-605	0.9	55
107	Anaplerotic processes in human skeletal muscle during brief dynamic exercise. <i>Journal of Physiology</i> , <b>1997</b> , 502 ( Pt 3), 703-13	3.9	52
106	Physiological and performance adaptations to high-intensity interval training. <i>Nestle Nutrition Institute Workshop Series</i> , <b>2013</b> , 76, 51-60	1.9	48
105	Dietary Protein Intake and Distribution Patterns of Well-Trained Dutch Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2017</b> , 27, 105-114	4.4	45
104	Brief Intense Stair Climbing Improves Cardiorespiratory Fitness. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 298-307	1.2	43
103	Enhanced pyruvate dehydrogenase activity does not affect muscle O <sub>2</sub> uptake at onset of intense exercise in humans. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2002</b> , 282, R273-80	3.2	43

102	Myoadenylate deaminase deficiency does not affect muscle anaplerosis during exhaustive exercise in humans. <i>Journal of Physiology</i> , <b>2001</b> , 533, 881-9	3.9	42
101	Investigating human skeletal muscle physiology with unilateral exercise models: when one limb is more powerful than two. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2017</b> , 42, 563-570	3	41
100	The effects of tapering on strength performance in trained athletes. <i>International Journal of Sports Medicine</i> , <b>1994</b> , 15, 492-7	3.6	40
99	Psychological and Behavioral Responses to Interval and Continuous Exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 2110-2121	1.2	40
98	Diffusion tensor MRI to assess skeletal muscle disruption following eccentric exercise. <i>Muscle and Nerve</i> , <b>2012</b> , 46, 42-50	3.4	39
97	Satellite cell activity, without expansion, after nonhypertrophic stimuli. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2015</b> , 309, R1101-11	3.2	38
96	Effects of 7 wk of endurance training on human skeletal muscle metabolism during submaximal exercise. <i>Journal of Applied Physiology</i> , <b>2004</b> , 97, 2148-53	3.7	38
95	Regulation of skeletal muscle amino acid metabolism during exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2001</b> , 11, 87-108	4.4	37
94	Sprinting Toward Fitness. <i>Cell Metabolism</i> , <b>2017</b> , 25, 988-990	24.6	34
93	Personalized metabolomics for predicting glucose tolerance changes in sedentary women after high-intensity interval training. <i>Scientific Reports</i> , <b>2014</b> , 4, 6166	4.9	34
92	Just HIT it! A time-efficient exercise strategy to improve muscle insulin sensitivity. <i>Journal of Physiology</i> , <b>2010</b> , 588, 3341-2	3.9	34
91	Effect of endurance training on muscle TCA cycle metabolism during exercise in humans. <i>Journal of Applied Physiology</i> , <b>2004</b> , 97, 579-84	3.7	34
90	Manipulating Carbohydrate Availability Between Twice-Daily Sessions of High-Intensity Interval Training Over 2 Weeks Improves Time-Trial Performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2015</b> , 25, 463-70	4.4	33
89	Tricarboxylic acid cycle intermediates in human muscle at rest and during prolonged cycling. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>1997</b> , 272, E239-44	6	33
88	Sodium bicarbonate ingestion augments the increase in PGC-1 $\alpha$ mRNA expression during recovery from intense interval exercise in human skeletal muscle. <i>Journal of Applied Physiology</i> , <b>2015</b> , 119, 1303-12	3.7	30
87	Multiplexed separations for biomarker discovery in metabolomics: Elucidating adaptive responses to exercise training. <i>Electrophoresis</i> , <b>2015</b> , 36, 2226-2236	3.6	29
86	Exercise intensity and insulin sensitivity: how low can you go?. <i>Diabetologia</i> , <b>2009</b> , 52, 1709-13	10.3	29
85	Dissociation between muscle tricarboxylic acid cycle pool size and aerobic energy provision during prolonged exercise in humans. <i>Journal of Physiology</i> , <b>2002</b> , 545, 705-13	3.9	27

84	Do stair climbing exercise "snacks" improve cardiorespiratory fitness?. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2019</b> , 44, 681-684	3	27
83	Effects of recovery method after exercise on performance, immune changes, and psychological outcomes. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , <b>2010</b> , 40, 656-65	4.2	26
82	Physiological basis of brief vigorous exercise to improve health. <i>Journal of Physiology</i> , <b>2020</b> , 598, 61-69	3.9	26
81	Oxidative stress, inflammation, and muscle soreness in an 894-km relay trail run. <i>European Journal of Applied Physiology</i> , <b>2012</b> , 112, 1839-48	3.4	25
80	Muscle metabolism during exercise with carbohydrate or protein-carbohydrate ingestion. <i>Medicine and Science in Sports and Exercise</i> , <b>2009</b> , 41, 2158-64	1.2	25
79	Myofibrillar disruption following acute concentric and eccentric resistance exercise in strength-trained men. <i>Canadian Journal of Physiology and Pharmacology</i> , <b>2000</b> , 78, 656-61	2.4	25
78	Nutritional needs of elite endurance athletes. Part I: Carbohydrate and fluid requirements. <i>European Journal of Sport Science</i> , <b>2005</b> , 5, 3-14	3.9	24
77	Changes in brachial artery endothelial function and resting diameter with moderate-intensity continuous but not sprint interval training in sedentary men. <i>Journal of Applied Physiology</i> , <b>2017</b> , 123, 773-780	3.7	23
76	What's new since Hippocrates? Preventing type 2 diabetes by physical exercise and diet. <i>Diabetologia</i> , <b>2012</b> , 55, 535-9	10.3	23
75	Exercise training increases branched-chain oxoacid dehydrogenase kinase content in human skeletal muscle. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2007</b> , 293, R1335-41	3.2	23
74	Characterization of the Human Skeletal Muscle Metabolome for Elucidating the Mechanisms of Bicarbonate Ingestion on Strenuous Interval Exercise. <i>Analytical Chemistry</i> , <b>2019</b> , 91, 4709-4718	7.8	22
73	Protein metabolism and endurance exercise. <i>Sports Medicine</i> , <b>2007</b> , 37, 337-40	10.6	22
72	Effect of sex on the acute skeletal muscle response to sprint interval exercise. <i>Experimental Physiology</i> , <b>2017</b> , 102, 354-365	2.4	19
71	Time-efficient physical training for enhancing cardiovascular function in midlife and older adults: promise and current research gaps. <i>Journal of Applied Physiology</i> , <b>2019</b> , 127, 1427-1440	3.7	19
70	Skeletal muscle fiber-type-specific changes in markers of capillary and mitochondrial content after low-volume interval training in overweight women. <i>Physiological Reports</i> , <b>2018</b> , 6, e13597	2.6	19
69	High-intensity interval training: A time-efficient strategy for health promotion?. <i>Current Sports Medicine Reports</i> , <b>2007</b> , 6, 211-213	1.9	19
68	Exercise with low muscle glycogen augments TCA cycle anaplerosis but impairs oxidative energy provision in humans. <i>Journal of Physiology</i> , <b>2002</b> , 540, 1079-86	3.9	19
67	An acute decrease in TCA cycle intermediates does not affect aerobic energy delivery in contracting rat skeletal muscle. <i>Journal of Physiology</i> , <b>2005</b> , 565, 637-43	3.9	19

66	PDH activation by dichloroacetate reduces TCA cycle intermediates at rest but not during exercise in humans. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>1999</b> , 277, E33-8	6	19
65	No changes in corticospinal excitability, biochemical markers, and working memory after six weeks of high-intensity interval training in sedentary males. <i>Physiological Reports</i> , <b>2019</b> , 7, e14140	2.6	18
64	A single dose of sodium nitrate does not improve oral glucose tolerance in patients with type 2 diabetes mellitus. <i>Nutrition Research</i> , <b>2015</b> , 35, 674-80	4	18
63	Physiological responses to incremental, interval, and continuous counterweighted single-leg and double-leg cycling at the same relative intensities. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 1423-1435	3.4	17
62	Interval Training for Cardiometabolic Health: Why Such A HIIT?. <i>Current Sports Medicine Reports</i> , <b>2018</b> , 17, 148-150	1.9	17
61	Alanine Supplementation Does Not Augment the Skeletal Muscle Adaptive Response to 6 Weeks of Sprint Interval Training. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2015</b> , 25, 541-9	4.4	17
60	Low glycogen and branched-chain amino acid ingestion do not impair anaplerosis during exercise in humans. <i>Journal of Applied Physiology</i> , <b>1999</b> , 87, 1662-7	3.7	17
59	High Intensity Interval Training Increases Natural Killer Cell Number and Function in Obese Breast Cancer-challenged Mice and Obese Women. <i>Journal of Cancer Prevention</i> , <b>2017</b> , 22, 260-266	3	17
58	Military Applicability of Interval Training for Health and Performance. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29 Suppl 11, S40-5	3.2	15
57	Sprint exercise snacks: a novel approach to increase aerobic fitness. <i>European Journal of Applied Physiology</i> , <b>2019</b> , 119, 1203-1212	3.4	14
56	A Single Bout of High-intensity Interval Exercise Increases Corticospinal Excitability, Brain-derived Neurotrophic Factor, and Uncarboxylated Osteocalcin in Sedentary, Healthy Males. <i>Neuroscience</i> , <b>2020</b> , 437, 242-255	3.9	14
55	Short-term green tea extract supplementation attenuates the postprandial blood glucose and insulin response following exercise in overweight men. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2016</b> , 41, 1057-1063	3	14
54	The Effects of Biological Sex and Ovarian Hormones on Exercise-Induced Neuroplasticity. <i>Neuroscience</i> , <b>2019</b> , 410, 29-40	3.9	13
53	The effect of brief intermittent stair climbing on glycemic control in people with type 2 diabetes: a pilot study. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2018</b> , 43, 969-972	3	13
52	A Sucrose Mouth Rinse Does Not Improve 1-hr Cycle Time Trial Performance When Performed in the Fasted or Fed State. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2015</b> , 25, 576-83	4.4	13
51	Short-term training attenuates muscle TCA cycle expansion during exercise in women. <i>Journal of Applied Physiology</i> , <b>2003</b> , 95, 999-1004	3.7	13
50	Nutritional supplementation and resistance exercise: what is the evidence for enhanced skeletal muscle hypertrophy?. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2000</b> , 25, 524-35		12
49	CrossTalk proposal: Exercise training intensity is more important than volume to promote increases in human skeletal muscle mitochondrial content. <i>Journal of Physiology</i> , <b>2019</b> , 597, 4111-4113	3.9	11

48	Tricarboxylic acid cycle intermediates accumulate at the onset of intense exercise in man but are not essential for the increase in muscle oxygen uptake. <i>Pflugers Archiv European Journal of Physiology</i> , <b>2006</b> , 452, 737-43	4.6	11
47	Nutritional status affects branched-chain oxoacid dehydrogenase activity during exercise in humans. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>1997</b> , 272, E233-8	6	10
46	Four weeks one-leg training and high fat diet does not alter PPARalpha protein or mRNA expression in human skeletal muscle. <i>European Journal of Applied Physiology</i> , <b>2007</b> , 101, 105-14	3.4	10
45	High-intensity Interval Training. <i>Current Sports Medicine Reports</i> , <b>2007</b> , 6, 211-213	1.9	10
44	Minimal effect of walking before dinner on glycemic responses in type 2 diabetes: outcomes from the multi-site E-PARA DiGM study. <i>Acta Diabetologica</i> , <b>2019</b> , 56, 755-765	3.9	9
43	Acute high-intensity and moderate-intensity interval exercise do not change corticospinal excitability in low fit, young adults. <i>PLoS ONE</i> , <b>2020</b> , 15, e0227581	3.7	8
42	No effect of short-term green tea extract supplementation on metabolism at rest or during exercise in the fed state. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2014</b> , 24, 656-664	4.4	8
41	Use of double labeling and photo CD for morphometric analysis of injured skeletal muscle. <i>Journal of Histochemistry and Cytochemistry</i> , <b>1995</b> , 43, 1179-84	3.4	8
40	Understanding the Neurophysiological and Molecular Mechanisms of Exercise-Induced Neuroplasticity in Cortical and Descending Motor Pathways: Where Do We Stand?. <i>Neuroscience</i> , <b>2021</b> , 457, 259-282	3.9	7
39	Untapping the Health Enhancing Potential of Vigorous Intermittent Lifestyle Physical Activity (VILPA): Rationale, Scoping Review, and a 4-Pillar Research Framework. <i>Sports Medicine</i> , <b>2021</b> , 51, 1-10	10.6	7
38	Physiological basis of interval training for performance enhancement. <i>Experimental Physiology</i> , <b>2021</b> , 106, 2324-2327	2.4	6
37	Brachial artery endothelial function is unchanged after acute sprint interval exercise in sedentary men and women. <i>Experimental Physiology</i> , <b>2018</b> , 103, 968-975	2.4	6
36	Protein plus carbohydrate does not enhance 60-km time-trial performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2009</b> , 19, 335-7; author reply 337-9	4.4	6
35	Anaplerosis of the tricarboxylic acid cycle in human skeletal muscle during exercise. Magnitude, sources, and potential physiological significance. <i>Advances in Experimental Medicine and Biology</i> , <b>1998</b> , 441, 271-86	3.6	6
34	Brief Vigorous Stair Climbing Effectively Improves Cardiorespiratory Fitness in Patients With Coronary Artery Disease: A Randomized Trial. <i>Frontiers in Sports and Active Living</i> , <b>2021</b> , 3, 630912	2.3	6
33	Fitness Level Influences White Matter Microstructure in Postmenopausal Women. <i>Frontiers in Aging Neuroscience</i> , <b>2020</b> , 12, 129	5.3	5
32	Human skeletal muscle fiber type-specific responses to sprint interval and moderate-intensity continuous exercise: acute and training-induced changes. <i>Journal of Applied Physiology</i> , <b>2021</b> , 130, 1001-1014	3.7	5
31	Nutritional needs of elite endurance athletes. Part II: Dietary protein and the potential role of caffeine and creatine. <i>European Journal of Sport Science</i> , <b>2005</b> , 5, 59-72	3.9	4



30	Anaplerosis of the muscle tricarboxylic acid cycle pool during contraction: does size matter?. <i>Journal of Physiology</i> , <b>2003</b> , 548, 334	3.9	4
29	Skeletal muscle mitochondrial bioenergetics in humans: Does sex matter?. <i>Experimental Physiology</i> , <b>2019</b> , 104, 460-462	2.4	3
28	Carotid Artery Longitudinal Wall Motion Is Unaffected by 12 Weeks of Endurance, Sprint Interval or Resistance Exercise Training. <i>Ultrasound in Medicine and Biology</i> , <b>2020</b> , 46, 992-1000	3.5	3
27	Green tea extract does not affect exogenous glucose appearance but reduces insulinemia with glucose ingestion in exercise recovery. <i>Journal of Applied Physiology</i> , <b>2016</b> , 121, 1282-1289	3.7	3
26	Physiological adaptations to interval training to promote endurance. <i>Current Opinion in Physiology</i> , <b>2019</b> , 10, 180-184	2.6	3
25	Nutritional strategies to support adaptation to high-intensity interval training in team sports. <i>Nestle Nutrition Institute Workshop Series</i> , <b>2013</b> , 75, 41-9	1.9	2
24	Exercise Snacks: A Novel Strategy to Improve Cardiometabolic Health. <i>Exercise and Sport Sciences Reviews</i> , <b>2021</b> , 50,	6.7	2
23	Increased cardiorespiratory stress during submaximal cycling after ketone monoester ingestion in endurance-trained adults. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2021</b> , 46, 986-993	3	2
22	Functional high-intensity training: A HIT to improve insulin sensitivity in type 2 diabetes. <i>Experimental Physiology</i> , <b>2018</b> , 103, 937-938	2.4	1
21	Reply from M. J. Gibala, J. P. Little, M. J. MadDonald and J. A. Hawley. <i>Journal of Physiology</i> , <b>2012</b> , 590, 3391-3391	3.9	1
20	Sprinting towards a time-efficient strategy for microvascular remodelling in humans. <i>Journal of Physiology</i> , <b>2013</b> , 591, 603-4	3.9	1
19	Is High-intensity Stair Climbing An Effective Alternative To Traditional Cardiac Rehabilitation Exercise?. <i>Medicine and Science in Sports and Exercise</i> , <b>2020</b> , 52, 440-440	1.2	1
18	Simple Bodyweight Training Improves Cardiorespiratory Fitness with Minimal Time Commitment: A Contemporary Application of the 5BX Approach. <i>International Journal of Exercise Science</i> , <b>2021</b> , 14, 93-100	1.3	1
17	Human Muscle Fiber-Specific Responses of Mitochondrial Fusion Proteins to Sprint Interval and Moderate-Intensity Continuous Training. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 149	1.2	1
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