

Glyn Howatson

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

234
papers

6,050
citations

42
h-index

67
g-index

265
ext. papers

7,250
ext. citations

3.2
avg, IF

6.31
L-index

#	Paper	IF	Citations
234	Polyphenol-rich tart cherries (Montmorency) improve sustained attention, feelings of alertness and mental fatigue and influence the plasma metabolome in middle-aged adults: a randomised, placebo-controlled trial.. <i>British Journal of Nutrition</i> , 2022 , 1-31	3.6	2
233	Improved Endurance Running Performance Following Haskap Berry (L.) Ingestion.. <i>Nutrients</i> , 2022 , 14,	6.7	2
232	Effects of Cycling Intensity on Acute Signaling Adaptations to 8-weeks Concurrent Training in Trained Cyclists.. <i>Frontiers in Physiology</i> , 2022 , 13, 852595	4.6	1
231	Beetroot juice - a suitable post-marathon metabolic recovery supplement?. <i>Journal of the International Society of Sports Nutrition</i> , 2021 , 18, 72	4.5	0
230	Tart Cherry Supplementation and Recovery From Strenuous Exercise: A Systematic Review and Meta-Analysis. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021 , 31, 154-167	4.4	4
229	Functional relevance of resistance training-induced neuroplasticity in health and disease. <i>Neuroscience and Biobehavioral Reviews</i> , 2021 , 122, 79-91	9	12
228	Reliability and characterisation of the 20-maximum trampoline jump test. <i>Isokinetics and Exercise Science</i> , 2021 , 29, 131-137	0.6	0
227	The Influence of Tart Cherry (Montmorency) Concentrate Supplementation for 3 Months on Cardiometabolic Risk Factors in Middle-Aged Adults: A Randomised, Placebo-Controlled Trial. <i>Nutrients</i> , 2021 , 13,	6.7	8
226	Aerobic exercise intensity does not affect the anabolic signaling following resistance exercise in endurance athletes. <i>Scientific Reports</i> , 2021 , 11, 10785	4.9	3
225	Greater decrements in neuromuscular function following interval compared to continuous eccentric cycling. <i>European Journal of Sport Science</i> , 2021 , 1-9	3.9	
224	Massage enhances recovery following exercise-induced muscle damage in older adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 623-632	4.6	2
223	Accelerated Muscle Recovery in Baseball Pitchers Using Phase Change Material Cooling. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 228-235	1.2	3
222	Inter-limb strength asymmetry in adolescent distance runners: Test-retest reliability and relationships with performance and running economy. <i>Journal of Sports Sciences</i> , 2021 , 39, 312-321	3.6	1
221	Prolonging the duration of cooling does not enhance recovery following a marathon. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 21-29	4.6	5
220	Corticospinal and spinal adaptations to motor skill and resistance training: Potential mechanisms and implications for motor rehabilitation and athletic development. <i>European Journal of Applied Physiology</i> , 2021 , 121, 707-719	3.4	7
219	The Relationship Between Neuromuscular Function and the W' in Elite Cyclists. <i>International Journal of Sports Physiology and Performance</i> , 2021 , 1-7	3.5	2
218	The influence of tart cherries () on vascular function and the urinary metabolome: a randomised placebo-controlled pilot study. <i>Journal of Nutritional Science</i> , 2021 , 10, e73	2.7	2

217	The effect of custom-fitted compression garments worn overnight for recovery from judo training in elite athletes. <i>European Journal of Sport Science</i> , 2021 , 1-9	3.9	0
216	The effect of dietary anthocyanins on biochemical, physiological, and subjective exercise recovery: a systematic review and meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2021 , 1-15	11.5	4
215	THE INFLUENCE OF ANESTHESIA WITH AND WITHOUT MEDETOMIDINE ON CARDIAC STRUCTURE AND FUNCTION IN SANCTUARY CAPTIVE CHIMPANZEES (). <i>Journal of Zoo and Wildlife Medicine</i> , 2021 , 52, 986-996	0.9	1
214	Characterizing Marathon-Induced Metabolic Changes Using H-NMR Metabolomics. <i>Metabolites</i> , 2021 , 11,	5.6	1
213	Resistance training improves nerve conduction and arterial stiffness in older adults with diabetic distal symmetrical polyneuropathy: A randomized controlled trial. <i>Experimental Gerontology</i> , 2021 , 153, 111481	4.5	3
212	Detrimental effects on executive function and mood following consecutive days of repeated high-intensity sprint interval exercise in trained male sports players.. <i>Journal of Sports Sciences</i> , 2021 , 1-14	3.6	2
211	Don't Lose Your Cool With Cryotherapy: The Application of Phase Change Material for Prolonged Cooling in Athletic Recovery and Beyond. <i>Frontiers in Sports and Active Living</i> , 2020 , 2, 118	2.3	6
210	Task-specific strength increases after lower-limb compound resistance training occurred in the absence of corticospinal changes in vastus lateralis. <i>Experimental Physiology</i> , 2020 , 105, 1132-1150	2.4	10
209	Evaluation of relationships between results of electrocardiography and echocardiography in 341 chimpanzees (). <i>American Journal of Veterinary Research</i> , 2020 , 81, 488-498	1.1	1
208	Cycling-specific isometric resistance training improves peak power output in elite sprint cyclists. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 , 30, 1594-1604	4.6	13
207	Nutritional interventions for reducing the signs and symptoms of exercise-induced muscle damage and accelerate recovery in athletes: current knowledge, practical application and future perspectives. <i>European Journal of Applied Physiology</i> , 2020 , 120, 1965-1996	3.4	24
206	Tracking the corticospinal responses to strength training. <i>European Journal of Applied Physiology</i> , 2020 , 120, 783-798	3.4	5
205	Determining the Sites of Neural Adaptations to Resistance Training: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2020 , 50, 1107-1128	10.6	28
204	Custom-Fitted Compression Garments Enhance Recovery From Muscle Damage in Rugby Players. <i>Journal of Strength and Conditioning Research</i> , 2020 ,	3.2	5
203	FACTORS AFFECTING TEAR PRODUCTION AND INTRAOCULAR PRESSURE IN ANESTHETIZED CHIMPANZEES (). <i>Journal of Zoo and Wildlife Medicine</i> , 2020 , 51, 687-690	0.9	1
202	The Efficacy Of Prolonged Cooling Using Phase Change Material For Enhancing Recovery Following A Marathon. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 33-33	1.2	
201	Mechanical and morphological determinants of peak power output in elite cyclists. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 , 30, 227-237	4.6	16
200	Prolonged cooling with phase change material enhances recovery and does not affect the subsequent repeated bout effect following exercise. <i>European Journal of Applied Physiology</i> , 2020 , 120, 413-423	3.4	8

199	Exploring the practical knowledge of eccentric resistance training in high-performance strength and conditioning practitioners. <i>International Journal of Sports Science and Coaching</i> , 2020 , 15, 41-52	1.8	6
198	Corticospinal responses during passive shortening and lengthening of tibialis anterior and soleus in older compared to younger adults. <i>Experimental Physiology</i> , 2020 , 105, 419-426	2.4	0
197	Physiological sex differences affect the integrative response to exercise: acute and chronic implications. <i>Experimental Physiology</i> , 2020 , 105, 2007-2021	2.4	46
196	The unaided recovery of marathon-induced serum metabolome alterations. <i>Scientific Reports</i> , 2020 , 10, 11060	4.9	5
195	Four weeks of augmented eccentric loading using a novel leg press device improved leg strength in well-trained athletes and professional sprint track cyclists. <i>PLoS ONE</i> , 2020 , 15, e0236663	3.7	3
194	Sex differences in fatigability following exercise normalised to the power-duration relationship. <i>Journal of Physiology</i> , 2020 , 598, 5717-5737	3.9	17
193	Quasi-Isometric Cycling: A Case Study Investigation of a Novel Method to Augment Peak Power Output in Sprint Cycling. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 16, 452-455	3.5	5
192	Strength and Conditioning Habits of Competitive Distance Runners. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 1392-1399	3.2	8
191	Strength and Conditioning for Adolescent Endurance Runners. <i>Strength and Conditioning Journal</i> , 2020 , 42, 2-11	2	0
190	Neurophysiological responses and adaptation following repeated bouts of maximal lengthening contractions in young and older adults. <i>Journal of Applied Physiology</i> , 2019 , 127, 1224-1237	3.7	7
189	Quantification of aerobic determinants of performance in post-pubertal adolescent middle-distance runners. <i>European Journal of Applied Physiology</i> , 2019 , 119, 1865-1874	3.4	2
188	The Effect of Phase Change Material on Recovery of Neuromuscular Function Following Competitive Soccer Match-Play. <i>Frontiers in Physiology</i> , 2019 , 10, 647	4.6	7
187	Cardiac structure and function characterized across age groups and between sexes in healthy wild-born captive chimpanzees () living in sanctuaries. <i>American Journal of Veterinary Research</i> , 2019 , 80, 547-557	1.1	6
186	Optimization of Exercise Countermeasures for Human Space Flight: Operational Considerations for Concurrent Strength and Aerobic Training. <i>Frontiers in Physiology</i> , 2019 , 10, 584	4.6	6
185	Determining the early corticospinal-motoneuronal responses to strength training: a systematic review and meta-analysis. <i>Reviews in the Neurosciences</i> , 2019 , 30, 463-476	4.7	16
184	Menstrual cycle-associated modulations in neuromuscular function and fatigability of the knee extensors in eumenorrhic women. <i>Journal of Applied Physiology</i> , 2019 , 126, 1701-1712	3.7	58
183	Reliability of traditional and task specific reference tasks to assess peak muscle activation during two different sprint cycling tests. <i>Journal of Electromyography and Kinesiology</i> , 2019 , 46, 41-48	2.5	4
182	Cold water immersion improves recovery of sprint speed following a simulated tournament. <i>European Journal of Sport Science</i> , 2019 , 19, 1166-1174	3.9	8

181	Exploring the Efficacy of a Safe Cryotherapy Alternative: Physiological Temperature Changes From Cold-Water Immersion Versus Prolonged Cooling of Phase-Change Material. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 1288-1296	3.5	7
180	The effect of varying degrees of compression from elastic vs plastic wrap on quadriceps intramuscular temperature during wetted ice application. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 1109-1114	4.6	2
179	Priming the Motor Cortex With Anodal Transcranial Direct Current Stimulation Affects the Acute Inhibitory Corticospinal Responses to Strength Training. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 307-317	3.2	7
178	Montmorency tart cherry (<i>Prunus cerasus</i> L.) supplementation accelerates recovery from exercise-induced muscle damage in females. <i>European Journal of Sport Science</i> , 2019 , 19, 95-102	3.9	23
177	Reliability and validity of depth camera 3D scanning to determine thigh volume. <i>Journal of Sports Sciences</i> , 2019 , 37, 36-41	3.6	2
176	Efficacy of depth jumps to elicit a post-activation performance enhancement in junior endurance runners. <i>Journal of Science and Medicine in Sport</i> , 2019 , 22, 239-244	4.4	4
175	Exercise-induced muscle damage: What is it, what causes it and what are the nutritional solutions?. <i>European Journal of Sport Science</i> , 2019 , 19, 71-85	3.9	85
174	Descriptive analysis of Olympic class windsurfing competition during the 2017-2018 regatta season. <i>International Journal of Performance Analysis in Sport</i> , 2019 , 19, 517-529	1.8	6
173	Methodological Considerations for a Vascular Function Test Battery. <i>International Journal of Sports Medicine</i> , 2019 , 40, 601-608	3.6	2
172	Modulation of intracortical inhibition and excitation in agonist and antagonist muscles following acute strength training. <i>European Journal of Applied Physiology</i> , 2019 , 119, 2185-2199	3.4	6
171	Corticospinal excitability of tibialis anterior and soleus differs during passive ankle movement. <i>Experimental Brain Research</i> , 2019 , 237, 2239-2254	2.3	5
170	Sex differences in fatigability and recovery relative to the intensity-duration relationship. <i>Journal of Physiology</i> , 2019 , 597, 5577-5595	3.9	31
169	Compound maximal motor unit response is modulated by contraction intensity, but not contraction type in tibialis anterior. <i>Physiological Reports</i> , 2019 , 7, e14201	2.6	
168	The Effect of Icing with Varying Degrees of Compression on Quadriceps Intramuscular Temperature. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 874-874	1.2	
167	Repeatability and Specificity of Eccentric Force Output and the Implications for Eccentric Training Load Prescription. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 676-683	3.2	3
166	Reduced corticospinal responses in older compared with younger adults during submaximal isometric, shortening, and lengthening contractions. <i>Journal of Applied Physiology</i> , 2019 , 126, 1015-1031	3.7	7
165	Isovelocity vs. Isoinertial Sprint Cycling Tests for Power- and Torque-cadence Relationships. <i>International Journal of Sports Medicine</i> , 2019 , 40, 897-902	3.6	4
164	Physiological Determinants of Peak Power Output in Elite Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 638-638	1.2	

163	Phase Change Material Cooling Reduces Indices of Muscle Damage and Does Not Inhibit Acute Adaptation. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 646-646	1.2	
162	Methodological issues influence determination of critical force during intermittent exercise: authors' reply. <i>Journal of Physiology</i> , 2019 , 597, 5987-5989	3.9	2
161	Electrical stimulation of human corticospinal axons at the level of the lumbar spinal segments. <i>European Journal of Neuroscience</i> , 2019 , 49, 1254-1267	3.5	10
160	Immediate Effects of Endurance Exercise on Subsequent Strength Performance 2019 , 139-154		1
159	Dietary intake of anthocyanins and risk of cardiovascular disease: A systematic review and meta-analysis of prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2019 , 59, 3032-3043 ³⁹	11.5	39
158	Use of Loaded Conditioning Activities to Potentiate Middle- and Long-Distance Performance: A Narrative Review and Practical Applications. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 2288-2297	3.2	7
157	The efficacy of cooling with phase change material for the treatment of exercise-induced muscle damage: pilot study. <i>Journal of Sports Sciences</i> , 2018 , 36, 407-413	3.6	8
156	An Evaluation of Supramaximally Loaded Eccentric Leg Press Exercise. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 2708-2714	3.2	10
155	Effects of montmorency tart cherry (L. Prunus Cerasus) consumption on nitric oxide biomarkers and exercise performance. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 1746-1756	4.6	27
154	Effects of Strength Training on the Physiological Determinants of Middle- and Long-Distance Running Performance: A Systematic Review. <i>Sports Medicine</i> , 2018 , 48, 1117-1149	10.6	64
153	Effects of Strength Training on Postpubertal Adolescent Distance Runners. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 1224-1232	1.2	11
152	Torque, power and muscle activation of eccentric and concentric isokinetic cycling. <i>Journal of Electromyography and Kinesiology</i> , 2018 , 40, 56-63	2.5	8
151	Cryotherapy Reinvented: Application of Phase Change Material for Recovery in Elite Soccer. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 13, 584-589	3.5	15
150	Ipsilateral corticomotor responses are confined to the homologous muscle following cross-education of muscular strength. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 11-22	3	9
149	The Role of Intra-Session Exercise Sequence in the Interference Effect: A Systematic Review with Meta-Analysis. <i>Sports Medicine</i> , 2018 , 48, 177-188	10.6	35
148	Motor cortical and corticospinal function differ during an isometric squat compared with isometric knee extension. <i>Experimental Physiology</i> , 2018 , 103, 1251-1263	2.4	17
147	Neuromuscular Fatigue and Recovery after Heavy Resistance, Jump, and Sprint Training. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 2526-2535	1.2	20
146	Determining the potential sites of neural adaptation to cross-education: implications for the cross-education of muscle strength. <i>European Journal of Applied Physiology</i> , 2018 , 118, 1751-1772	3.4	24

145	Analgesic and anti-inflammatory drugs in sports: Implications for exercise performance and training adaptations. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 2252-2262	4.6	34
144	Commentaries on Viewpoint: Use aerobic energy expenditure instead of oxygen uptake to quantify exercise intensity and predict endurance performance. <i>Journal of Applied Physiology</i> , 2018 , 125, 676-682 ³⁻⁷		5
143	Assessment of Countermovement Jump Performance Recovery in Professional Soccer Players Using an Inertial Sensor. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 802	1.2	1
142	Countermovement Jump Recovery in Professional Soccer Players Using an Inertial Sensor. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 1-23	3.5	7
141	Effect of Cold Water Immersion versus Phase Change Material Cooling On Core and Intramuscular Temperature. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 665	1.2	
140	Modulation of specific inhibitory networks in fatigued locomotor muscles of healthy males. <i>Experimental Brain Research</i> , 2018 , 236, 463-473	2.3	35
139	Whey protein hydrolysate supplementation accelerates recovery from exercise-induced muscle damage in females. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 324-330	3	24
138	Deception Improves Time Trial Performance in Well-trained Cyclists without Augmented Fatigue. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 809-816	1.2	10
137	A pilot study investigating reactive oxygen species production in capillary blood after a marathon and the influence of an antioxidant-rich beetroot juice. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 303-306	3	6
136	Effects Of Montmorency Tart Cherry (L. Prunus Cerasus) Consumption On Nitric Oxide Biomarkers And Exercise Performance.. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 720	1.2	1
135	Corticospinal excitability during shortening and lengthening actions with incremental torque output. <i>Experimental Physiology</i> , 2018 , 103, 1586-1592	2.4	5
134	Familiarisation, reproducibility, sensitivity and joint angle specificity of bilateral isometric force exertions during leg press. <i>Isokinetics and Exercise Science</i> , 2018 , 26, 291-298	0.6	1
133	The altered human serum metabolome induced by a marathon. <i>Metabolomics</i> , 2018 , 14, 150	4.7	23
132	An optimal protocol for measurement of corticospinal excitability, short intracortical inhibition and intracortical facilitation in the rectus femoris. <i>Journal of the Neurological Sciences</i> , 2018 , 394, 45-56	3.2	22
131	Performance Fatigability Is Not Regulated to A Peripheral Critical Threshold. <i>Exercise and Sport Sciences Reviews</i> , 2018 , 46, 240-246	6.7	38
130	Differences in force normalising procedures during submaximal anisometric contractions. <i>Journal of Electromyography and Kinesiology</i> , 2018 , 41, 82-88	2.5	4
129	The plasma bioavailability of nitrate and betanin from Beta vulgaris rubra in humans. <i>European Journal of Nutrition</i> , 2017 , 56, 1245-1254	5.2	38
128	Antioxidant-rich beetroot juice does not adversely affect acute neuromuscular adaptation following eccentric exercise. <i>Journal of Sports Sciences</i> , 2017 , 35, 812-819	3.6	11

127	Heavy-resistance exercise-induced increases in jump performance are not explained by changes in neuromuscular function. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017 , 27, 35-44	4.6	16
126	Influence of cold-water immersion on limb blood flow after resistance exercise. <i>European Journal of Sport Science</i> , 2017 , 17, 519-529	3.9	22
125	The Effects of Compression-Garment Pressure on Recovery After Strenuous Exercise. <i>International Journal of Sports Physiology and Performance</i> , 2017 , 12, 1078-1084	3.5	28
124	The efficacy of protein supplementation during recovery from muscle-damaging concurrent exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 716-724	3	14
123	ALTERATIONS IN REDOX HOMEOSTASIS IN ELITE ENDURANCE ATHLETES DIAGNOSED WITH UNEXPLAINED UNDER-PERFORMANCE SYNDROME (OVERTRAINING SYNDROME). <i>British Journal of Sports Medicine</i> , 2017 , 51, 350.2-351	10.3	
122	The assessment of neuromuscular fatigue during 120min of simulated soccer exercise. <i>European Journal of Applied Physiology</i> , 2017 , 117, 687-697	3.4	26
121	Compression Garments and Recovery from Exercise: A Meta-Analysis. <i>Sports Medicine</i> , 2017 , 47, 2245-2267	6.6	46
120	Adaptations in corticospinal excitability and inhibition are not spatially confined to the agonist muscle following strength training. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1359-1371	3.4	16
119	Physiological response to angling of Africa's premier freshwater angling species, the tigerfish <i>Hydrocynus vittatus</i> . <i>African Zoology</i> , 2017 , 52, 91-98	1.1	4
118	Relation between Peak Power Output in Sprint Cycling and Maximum Voluntary Isometric Torque Production. <i>Journal of Electromyography and Kinesiology</i> , 2017 , 35, 95-99	2.5	14
117	Etiology and Recovery of Neuromuscular Fatigue after Simulated Soccer Match Play. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 955-964	1.2	55
116	Neuromuscular changes and the rapid adaptation following a bout of damaging eccentric exercise. <i>Acta Physiologica</i> , 2017 , 220, 486-500	5.6	36
115	Contraction intensity and sex differences in knee-extensor fatigability. <i>Journal of Electromyography and Kinesiology</i> , 2017 , 37, 68-74	2.5	23
114	Effects of acute high-intensity exercise on cognitive performance in trained individuals: A systematic review. <i>Progress in Brain Research</i> , 2017 , 234, 161-187	2.9	16
113	Test-retest reliability of physiological parameters in elite junior distance runners following allometric scaling. <i>European Journal of Sport Science</i> , 2017 , 17, 1231-1240	3.9	14
112	Corticospinal responses following strength training: a systematic review and meta-analysis. <i>European Journal of Neuroscience</i> , 2017 , 46, 2648-2661	3.5	44
111	HEART RATE AND INDIRECT BLOOD PRESSURE RESPONSES TO FOUR DIFFERENT FIELD ANESTHETIC PROTOCOLS IN WILD-BORN CAPTIVE CHIMPANZEES (PAN TROGLODYTES). <i>Journal of Zoo and Wildlife Medicine</i> , 2017 , 48, 636-644	0.9	10
110	Beetroot juice is more beneficial than sodium nitrate for attenuating muscle pain after strenuous eccentric-bias exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 1185-1191	3	19

109	T-regulatory cells exhibit a biphasic response to prolonged endurance exercise in humans. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1727-1737	3.4	22
108	Minimal muscle damage after a marathon and no influence of beetroot juice on inflammation and recovery. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 263-270	3	38
107	Effects of strength and endurance exercise order on endocrine responses to concurrent training. <i>European Journal of Sport Science</i> , 2017 , 17, 326-334	3.9	18
106	Familiarisation to maximal recumbent eccentric cycling. <i>Isokinetics and Exercise Science</i> , 2017 , 25, 17-24	0.6	5
105	Recovery is Not Facilitated with Protein Supplementation Following Muscle-Damaging Concurrent Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 661	1.2	
104	The Effect Of Blackcurrant Polyphenols On Recovery And Performance In Elite Endurance Athletes In Preparation For The World Championships. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 932	1.2	
103	Enhanced Corticospinal Excitability and Volitional Drive in Response to Shortening and Lengthening Strength Training and Changes Following Detraining. <i>Frontiers in Physiology</i> , 2017 , 8, 57	4.6	14
102	Etiology and Recovery of Neuromuscular Fatigue following Competitive Soccer Match-Play. <i>Frontiers in Physiology</i> , 2017 , 8, 831	4.6	51
101	Exercise-Induced Cardiac Remodeling: Lessons from Humans, Horses, and Dogs. <i>Veterinary Sciences</i> , 2017 , 4,	2.4	6
100	Energy intake and energy expenditure of pre-professional female contemporary dancers. <i>PLoS ONE</i> , 2017 , 12, e0171998	3.7	19
99	Muscle Damage and Inflammation Following a Marathon. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 937	1.2	
98	The Effects of Repeated, Consecutive High-Intensity Exercise on Cognitive Performance in Well-Trained Team Sports Players. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 217-218	1.2	
97	Phytochemical uptake following human consumption of Montmorency tart cherry (L. Prunus cerasus) and influence of phenolic acids on vascular smooth muscle cells in vitro. <i>European Journal of Nutrition</i> , 2016 , 55, 1695-705	5.2	51
96	Signaling Responses After Varying Sequencing of Strength and Endurance Training in a Fed State. <i>International Journal of Sports Physiology and Performance</i> , 2016 , 11, 868-875	3.5	7
95	Cross-education of wrist extensor strength is not influenced by non-dominant training in right-handers. <i>European Journal of Applied Physiology</i> , 2016 , 116, 1757-69	3.4	33
94	Evidence for Acute Electrophysiological and Cognitive Changes Following Routine Soccer Heading. <i>EBioMedicine</i> , 2016 , 13, 66-71	8.8	66
93	Physiological response of one of South Africa's premier freshwater sport angling species, the Orange-Vaal smallmouth yellowfish <i>Labeobarbus aeneus</i> , to catch-and-release angling. <i>African Zoology</i> , 2016 , 51, 61-67	1.1	3
92	Effects of exercise on alterations in redox homeostasis in elite male and female endurance athletes using a clinical point-of-care test. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016 , 41, 1026-1032	3	8

91	The exercise intensity at maximal oxygen uptake ($\dot{V}O_{2\max}$): Methodological issues and repeatability. <i>European Journal of Sport Science</i> , 2016 , 16, 989-95	3.9	1
90	The effects of beetroot juice supplementation on indices of muscle damage following eccentric exercise. <i>European Journal of Applied Physiology</i> , 2016 , 116, 353-62	3.4	43
89	The Effects of Montmorency Tart Cherry Concentrate Supplementation on Recovery Following Prolonged, Intermittent Exercise. <i>Nutrients</i> , 2016 , 8,	6.7	62
88	Effects of Beetroot Juice on Recovery of Muscle Function and Performance between Bouts of Repeated Sprint Exercise. <i>Nutrients</i> , 2016 , 8,	6.7	39
87	Critical Difference and Biological Variation in Biomarkers of Oxidative Stress and Nutritional Status in Athletes. <i>PLoS ONE</i> , 2016 , 11, e0149927	3.7	20
86	Mirror Training Augments the Cross-education of Strength and Affects Inhibitory Paths. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 1001-13	1.2	31
85	Intensity-Dependent Contribution of Neuromuscular Fatigue after Constant-Load Cycling. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 1751-60	1.2	75
84	Performance and Endocrine Responses to Differing Ratios of Concurrent Strength and Endurance Training. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 693-702	3.2	16
83	Test-Retest Reliability of Physiological and Performance Responses to 120 Minutes of Simulated Soccer Match Play. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 3178-3186	3.2	31
82	Adaptation to Damaging Dance and Repeated-Sprint Activity in Women. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2574-81	3.2	6
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- 1 FLUID REPLACEMENT AND SWEAT LOSS OF COMPETITIVE CYCLISTS DURING ROAD TIME TRIALS. 1.2 1
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