John A Hawley

List of Publications by Year
in descending order

309 papers	25,048 citations	5248 83 h-index	9311 143 g-index
321 all docs	321 docs citations	321 times ranked	18226 citing authors

#	Article	IF	Citations
1	Physiological adaptations to lowâ€volume, highâ€intensity interval training in health and disease. Journal of Physiology, 2012, 590, 1077-1084.	1.3	1,144
2	Integrative Biology of Exercise. Cell, 2014, 159, 738-749.	13.5	753
3	Meteorin-like Is a Hormone that Regulates Immune-Adipose Interactions to Increase Beige Fat Thermogenesis. Cell, 2014, 157, 1279-1291.	13.5	699
4	Factors Affecting Running Economy in Trained Distance Runners. Sports Medicine, 2004, 34, 465-485.	3.1	632
5	Carbohydrates for training and competition. Journal of Sports Sciences, 2011, 29, S17-S27.	1.0	615
6	Reliability of Power in Physical Performance Tests. Sports Medicine, 2001, 31, 211-234.	3.1	569
7	Design and analysis of research on sport performance enhancement. Medicine and Science in Sports and Exercise, 1999, 31, 472-485.	0.2	513
8	The Molecular Bases of Training Adaptation. Sports Medicine, 2007, 37, 737-763.	3.1	501
9	Skeletal Muscle Fiber Type: Influence on Contractile and Metabolic Properties. PLoS Biology, 2004, 2, e348.	2.6	375
10	Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. Journal of Physiology, 2013, 591, 2319-2331.	1.3	341
11	Peak power output predicts maximal oxygen uptake and performance time in trained cyclists. European Journal of Applied Physiology and Occupational Physiology, 1992, 65, 79-83.	1.2	337
12	Update on the effects of physical activity on insulin sensitivity in humans. BMJ Open Sport and Exercise Medicine, 2017, 2, e000143.	1.4	325
13	The bioenergetics of world class cycling. Journal of Science and Medicine in Sport, 2000, 3, 414-433.	0.6	317
14	Intramuscular Heat Shock Protein 72 and Heme Oxygenase-1 mRNA Are Reduced in Patients With Type 2 Diabetes: Evidence That Insulin Resistance Is Associated With a Disturbed Antioxidant Defense Mechanism. Diabetes, 2003, 52, 2338-2345.	0.3	310
15	Exercise trainingâ€induced improvements in insulin action. Acta Physiologica, 2008, 192, 127-135.	1.8	288
16	Early signaling responses to divergent exercise stimuli in skeletal muscle from wellâ€trained humans. FASEB Journal, 2006, 20, 190-192.	0.2	285
17	Low carbohydrate, high fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers. Journal of Physiology, 2017, 595, 2785-2807.	1.3	281
18	Exercise as a therapeutic intervention for the prevention and treatment of insulin resistance. Diabetes/Metabolism Research and Reviews, 2004, 20, 383-393.	1.7	251

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19	Effect of different protocols of caffeine intake on metabolism and endurance performance. Journal of Applied Physiology, 2002, 93, 990-999.	1.2	238
20	Skeletal muscle adaptation and performance responses to once a day versus twice every second day endurance training regimens. Journal of Applied Physiology, 2008, 105, 1462-1470.	1.2	236
21	Adaptations Of Skeletal Muscle To Prolonged, Intense Endurance Training. Clinical and Experimental Pharmacology and Physiology, 2002, 29, 218-222.	0.9	232
22	Rapid aminoacidemia enhances myofibrillar protein synthesis and anabolic intramuscular signaling responses after resistance exercise. American Journal of Clinical Nutrition, 2011, 94, 795-803.	2.2	214
23	Concurrent exercise training: do opposites distract?. Journal of Physiology, 2017, 595, 2883-2896.	1.3	209
24	A short-term, high-fat diet up-regulates lipid metabolism and gene expression in human skeletal muscle. American Journal of Clinical Nutrition, 2003, 77, 313-318.	2.2	200
25	Impaired High-Intensity Cycling Performance Time at Low Levels of Dehydration. International Journal of Sports Medicine, 1994, 15, 392-398.	0.8	197
26	Carbohydrate-Loading and Exercise Performance. Sports Medicine, 1997, 24, 73-81.	3.1	195
27	Muscle Oxidative Capacity Is a Better Predictor of Insulin Sensitivity than Lipid Status. Journal of Clinical Endocrinology and Metabolism, 2003, 88, 5444-5451.	1.8	195
28	Improved running economy in elite runners after 20 days of simulated moderate-altitude exposure. Journal of Applied Physiology, 2004, 96, 931-937.	1.2	188
29	Nutritional modulation of training-induced skeletal muscle adaptations. Journal of Applied Physiology, 2011, 110, 834-845.	1.2	170
30	Carbohydrate availability and exercise training adaptation: Too much of a good thing?. European Journal of Sport Science, 2015, 15, 3-12.	1.4	169
31	A Comparison of the Effects of Two Sitting Postures on Back and Referred Pain. Spine, 1991, 16, 1185-1191.	1.0	159
32	Enhancement of 2000-m rowing performance after caffeine ingestion. Medicine and Science in Sports and Exercise, 2000, 32, 1958-1963.	0.2	158
33	Reliability and Variability of Running Economy in Elite Distance Runners. Medicine and Science in Sports and Exercise, 2004, 36, 1972-1976.	0.2	158
34	Effect of fat adaptation and carbohydrate restoration on metabolism and performance during prolonged cycling. Journal of Applied Physiology, 2000, 89, 2413-2421.	1.2	153
35	Decreased PDH activation and glycogenolysis during exercise following fat adaptation with carbohydrate restoration. American Journal of Physiology - Endocrinology and Metabolism, 2006, 290, E380-E388.	1.8	150
36	Reduced resting skeletal muscle protein synthesis is rescued by resistance exercise and protein ingestion following short-term energy deficit. American Journal of Physiology - Endocrinology and Metabolism, 2014, 306, E989-E997.	1.8	150

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37	Disassociation of muscle triglyceride content and insulin sensitivity after exercise training in patients with Type 2 diabetes. Diabetologia, 2004, 47, 23-30.	2.9	148
38	Interleukin-6 and tumor necrosis factor-? are not increased in patients with Type 2 diabetes: evidence that plasma interleukin-6 is related to fat mass and not insulin responsiveness. Diabetologia, 2004, 47, 1029-37.	2.9	147
39	Molecular responses to strength and endurance training: Are they incompatible?This paper article is one of a selection of papers published in this Special Issue, entitled 14th International Biochemistry of Exercise ConferenceÂâ€“ Muscles as Molecular and Metabolic Machines, and has undergone the Journalâ€™s usual peer review process.. Applied Physiology, Nutrition and Metabolism, 2009, 34, 355-361.	0.9	147
40	Placebo effect of carbohydrate feedings during a 40-km cycling time trial. Medicine and Science in Sports and Exercise, 2000, 32, 1642-1647.	0.2	146
41	Short-Term Plyometric Training Improves Running Economy in Highly Trained Middle and Long Distance Runners. Journal of Strength and Conditioning Research, 2006, 20, 947.	1.0	146
42	Effects of carbohydrate ingestion before and during exercise on glucose kinetics and performance. Journal of Applied Physiology, 2000, 89, 2220-2226.	1.2	145
43	Postexercise muscle glycogen resynthesis in humans. Journal of Applied Physiology, 2017, 122, 1055-1067.	1.2	143
44	Improved athletic performance in highly trained cyclists after interval training. Medicine and Science in Sports and Exercise, 1996, 28, 1427-1434.	0.2	143
45	Effects of different interval-training programs on cycling time-trial performance. Medicine and Science in Sports and Exercise, 1999, 31, 736-741.	0.2	141
46	Does High Cardiorespiratory Fitness Confer Some Protection Against Proinflammatory Responses After Infection by SARSâ€CoVâ€2?. Obesity, 2020, 28, 1378-1381.	1.5	140
47	Pre-exercise carbohydrate and fat ingestion: effects on metabolism and performance. Journal of Sports Sciences, 2004, 22, 31-38.	1.0	134
48	â€˜Exercise snacksâ€™ before meals: a novel strategy to improve glycaemic control in individuals with insulin resistance. Diabetologia, 2014, 57, 1437-1445.	2.9	134
49	Daily training with high carbohydrate availability increases exogenous carbohydrate oxidation during endurance cycling. Journal of Applied Physiology, 2010, 109, 126-134.	1.2	130
50	Assessment of the Reproducibility of Performance Testing on an Air-Braked Cycle Ergometer. International Journal of Sports Medicine, 1996, 17, 293-298.	0.8	128
51	High reliability of performance of well-trained rowers on a rowing ergometer. Journal of Sports Sciences, 1999, 17, 627-632.	1.0	128
52	Metabolic and mitogenic signal transduction in human skeletal muscle after intense cycling exercise. Journal of Physiology, 2003, 546, 327-335.	1.3	128
53	Early Time Course of Akt Phosphorylation after Endurance and Resistance Exercise. Medicine and Science in Sports and Exercise, 2010, 42, 1843-1852.	0.2	125
54	Maximizing Cellular Adaptation to Endurance Exercise in Skeletal Muscle. Cell Metabolism, 2018, 27, 962-976.	7.2	122

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55	Interaction of contractile activity and training history on mRNA abundance in skeletal muscle from trained athletes. American Journal of Physiology - Endocrinology and Metabolism, 2006, 290, E849-E855.	1.8	118
56	Thiol-based antioxidant supplementation alters human skeletal muscle signaling and attenuates its inflammatory response and recovery after intense eccentric exercise. American Journal of Clinical Nutrition, 2013, 98, 233-245.	2.2	115
57	Promoting training adaptations through nutritional interventions. Journal of Sports Sciences, 2006, 24, 709-721.	1.0	112
58	Exercise-Induced Phosphorylation of the Novel Akt Substrates AS160 and Filamin A in Human Skeletal Muscle. Diabetes, 2006, 55, 1776-1782.	0.3	111
59	The effects of polyphenols in olive leaves on platelet function. Nutrition, Metabolism and Cardiovascular Diseases, 2008, 18, 127-132.	1.1	111
60	Effect of a carbohydrate mouth rinse on simulated cycling time-trial performance commenced in a fed or fasted state. Applied Physiology, Nutrition and Metabolism, 2013, 38, 134-139.	0.9	110
61	Enhanced Endurance Performance by Periodization of Carbohydrate Intake. Medicine and Science in Sports and Exercise, 2016, 48, 663-672.	0.2	108
62	Effects of fat adaptation and carbohydrate restoration on prolonged endurance exercise. Journal of Applied Physiology, 2001, 91, 115-122.	1.2	105
63	Carbohydrate Dependence During Prolonged, Intense Endurance Exercise. Sports Medicine, 2015, 45, 5-12.	3.1	104
64	Prediction of triathlon race time from laboratory testing in national triathletes. Medicine and Science in Sports and Exercise, 2000, 32, 844-849.	0.2	103
65	Adaptations to short-term high-fat diet persist during exercise despite high carbohydrate availability. Medicine and Science in Sports and Exercise, 2002, 34, 83-91.	0.2	102
66	Ketone Diester Ingestion Impairs Time-Trial Performance in Professional Cyclists. Frontiers in Physiology, 2017, 8, 806.	1.3	100
67	Sex-based comparisons of myofibrillar protein synthesis after resistance exercise in the fed state. Journal of Applied Physiology, 2012, 112, 1805-1813.	1.2	99
68	Metabolic and performance adaptations to interval training in endurance-trained cyclists. European Journal of Applied Physiology, 1997, 75, 298-304.	1.2	98
69	Exercise: it's the real thing!. Nutrition Reviews, 2009, 67, 172-178.	2.6	98
70	Training techniques to improve fatigue resistance and enhance endurance performance. Journal of Sports Sciences, 1997, 15, 325-333.	1.0	95
71	Acute signalling responses to intense endurance training commenced with low or normal muscle glycogen. Experimental Physiology, 2010, 95, 351-358.	0.9	95
72	A Delayed Morning and Earlier Evening Time-Restricted Feeding Protocol for Improving Glycemic Control and Dietary Adherence in Men with Overweight/Obesity: A Randomized Controlled Trial. Nutrients, 2020, 12, 505.	1.7	95

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73	Effects of gamma-tocopherol supplementation on thrombotic risk factors. Asia Pacific Journal of Clinical Nutrition, 2007, 16, 422-8.	0.3	95
74	Beyond muscle hypertrophy: why dietary protein is important for endurance athletes. Applied Physiology, Nutrition and Metabolism, 2014, 39, 987-997.	0.9	93
75	Hypoenergetic diet-induced reductions in myofibrillar protein synthesis are restored with resistance training and balanced daily protein ingestion in older men. American Journal of Physiology - Endocrinology and Metabolism, 2015, 308, E734-E743.	1.8	93
76	Water ingestion does not improve 1-h cycling performance in moderate ambient temperatures. European Journal of Applied Physiology and Occupational Physiology, 1995, 71, 153-160.	1.2	92
77	High rates of muscle glycogen resynthesis after exhaustive exercise when carbohydrate is coingested with caffeine. Journal of Applied Physiology, 2008, 105, 7-13.	1.2	92
78	Effect of consecutive repeated sprint and resistance exercise bouts on acute adaptive responses in human skeletal muscle. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2009, 297, R1441-R1451.	0.9	91
79	Relationship Between Upper Body Anaerobic Power and Freestyle Swimming Performance. International Journal of Sports Medicine, 1991, 12, 1-5.	0.8	90
80	Strategies to Enhance Fat Utilisation During Exercise. Sports Medicine, 1998, 25, 241-257.	3.1	90
81	Exercise-induced skeletal muscle signaling pathways and human athletic performance. Free Radical Biology and Medicine, 2016, 98, 131-143.	1.3	89
82	Metabolic demands of intense aerobic interval training in competitive cyclists. Medicine and Science in Sports and Exercise, 2001, 33, 303-310.	0.2	87
83	Fat adaptation in well-trained athletes: effects on cell metabolism. Applied Physiology, Nutrition and Metabolism, 2011, 36, 12-22.	0.9	87
84	Tissue-Specific Effects of Rosiglitazone and Exercise in the Treatment of Lipid-Induced Insulin Resistance. Diabetes, 2007, 56, 1856-1864.	0.3	85
85	Consecutive bouts of diverse contractile activity alter acute responses in human skeletal muscle. Journal of Applied Physiology, 2009, 106, 1187-1197.	1.2	85
86	Toward a Common Understanding of Dietâ€“Exercise Strategies to Manipulate Fuel Availability for Training and Competition Preparation in Endurance Sport. International Journal of Sport Nutrition and Exercise Metabolism, 2018, 28, 451-463.	1.0	85
87	Reproducibility of Self-Paced Treadmill Performance of Trained Endurance Runners. International Journal of Sports Medicine, 1998, 19, 48-51.	0.8	83
88	Global Gene Expression in Skeletal Muscle from Well-Trained Strength and Endurance Athletes. Medicine and Science in Sports and Exercise, 2009, 41, 546-565.	0.2	82
89	Effects of sleeping with reduced carbohydrate availability on acute training responses. Journal of Applied Physiology, 2015, 119, 643-655.	1.2	82
90	Carbohydrate Availability and Training Adaptation. Exercise and Sport Sciences Reviews, 2010, 38, 152-160.	1.6	81

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91	Oxidation of Carbohydrate Ingested During Prolonged Endurance Exercise. Sports Medicine, 1992, 14, 27-42.	3.1	80
92	Single and combined effects of beetroot juice and caffeine supplementation on cycling time trial performance. Applied Physiology, Nutrition and Metabolism, 2014, 39, 1050-1057.	0.9	80
93	Carbohydrate intake during prolonged cycling minimizes effect of glycemic index of preexercise meal. Journal of Applied Physiology, 1998, 85, 2220-2226.	1.2	79
94	Swifter, higher, stronger: Whatâ€™s on the menu?. Science, 2018, 362, 781-787.	6.0	79
95	Improved 2000-Meter Rowing Performance in Competitive Oarswomen after Caffeine Ingestion. International Journal of Sport Nutrition and Exercise Metabolism, 2000, 10, 464-475.	1.0	78
96	Effects of short-term fat adaptation on metabolism and performance of prolonged exercise. Medicine and Science in Sports and Exercise, 2002, 34, 1492-1498.	0.2	78
97	â€˜Sarcobesityâ€™: A metabolic conundrum. Maturitas, 2013, 74, 109-113.	1.0	78
98	Effects of 3 days of carbohydrate supplementation on muscle glycogen content and utilisation during a 1-h cycling performance. European Journal of Applied Physiology, 1997, 75, 407-412.	1.2	76
99	Nutrient provision increases signalling and protein synthesis in human skeletal muscle after repeated sprints. European Journal of Applied Physiology, 2011, 111, 1473-1483.	1.2	76
100	Effect of meal frequency and timing on physical performance. British Journal of Nutrition, 1997, 77, S91-S103.	1.2	75
101	Alcohol Ingestion Impairs Maximal Post-Exercise Rates of Myofibrillar Protein Synthesis following a Single Bout of Concurrent Training. PLoS ONE, 2014, 9, e88384.	1.1	73
102	Chrono-nutrition for the prevention and treatment of obesity and type 2 diabetes: from mice to men. Diabetologia, 2020, 63, 2253-2259.	2.9	72
103	A new reliable laboratory test of endurance performance for road cyclists. Medicine and Science in Sports and Exercise, 1998, 30, 1744-1750.	0.2	72
104	Regulation of fuel metabolism by preexercise muscle glycogen content and exercise intensity. Journal of Applied Physiology, 2004, 97, 2275-2283.	1.2	71
105	Time-Restricted Eating as a Nutrition Strategy for Individuals with Type 2 Diabetes: A Feasibility Study. Nutrients, 2020, 12, 3228.	1.7	71
106	Heart rate responses during a 4-d cycle stage race. Medicine and Science in Sports and Exercise, 1994, 26, 1278???1283.	0.2	70
107	Specificity of training adaptation: time for a rethink?. Journal of Physiology, 2008, 586, 1-2.	1.3	70
108	Living high-training low increases hypoxic ventilatory response of well-trained endurance athletes. Journal of Applied Physiology, 2002, 93, 1498-1505.	1.2	69

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109	Regulation of metabolic genes in human skeletal muscle by short-term exercise and diet manipulation. American Journal of Physiology - Endocrinology and Metabolism, 2004, 287, E25-E31.	1.8	69
110	Time-restricted feeding alters lipid and amino acid metabolite rhythmicity without perturbing clock gene expression. Nature Communications, 2020, 11, 4643.	5.8	69
111	Influence of preexercise muscle glycogen content on transcriptional activity of metabolic and myogenic genes in well-trained humans. Journal of Applied Physiology, 2007, 102, 1604-1611.	1.2	67
112	The Challenge of Maintaining Metabolic Health During a Global Pandemic. Sports Medicine, 2020, 50, 1233-1241.	3.1	67
113	Effects of medium-chain triglyceride ingestion on fuel metabolism and cycling performance. Journal of Applied Physiology, 1996, 80, 2217-2225.	1.2	66
114	PGCâ€1Î± gene expression is downâ€regulated by Aktâ€mediated phosphorylation and nuclear exclusion of FoxO1 in insulinâ€stimulated skeletal muscle. FASEB Journal, 2005, 19, 2072-2074.	0.2	65
115	The Effects of Carbohydrate Loading on Muscle Glycogen Content and Cycling Performance. International Journal of Sport Nutrition, 1995, 5, 25-36.	1.6	64
116	Carbohydrate loading failed to improve 100-km cycling performance in a placebo-controlled trial. Journal of Applied Physiology, 2000, 88, 1284-1290.	1.2	64
117	Daytime pattern of post-exercise protein intake affects whole-body protein turnover in resistance-trained males. Nutrition and Metabolism, 2012, 9, 91.	1.3	64
118	Prediction of maximal oxygen uptake from a 20-m shuttle run as measured directly in runners and squash players. Journal of Sports Sciences, 1998, 16, 331-335.	1.0	63
119	Metabolic and performance responses to constant-load vs. variable-intensity exercise in trained cyclists. Journal of Applied Physiology, 1999, 87, 1186-1196.	1.2	63
120	Fat adaptation followed by carbohydrate restoration increases AMPK activity in skeletal muscle from trained humans. Journal of Applied Physiology, 2008, 105, 1519-1526.	1.2	63
121	Fluid Balance in Team Sports. Sports Medicine, 1997, 24, 38-54.	3.1	61
122	High-Fat Diet versus Habitual Diet Prior to Carbohydrate Loading: Effects on Exercise Metabolism and Cycling Performance. International Journal of Sport Nutrition and Exercise Metabolism, 2001, 11, 209-225.	1.0	61
123	Effect of short-term fat adaptation on high-intensity training. Medicine and Science in Sports and Exercise, 2002, 34, 449-455.	0.2	61
124	Signalling mechanisms in skeletal muscle: role in substrate selection and muscle adaptation. Essays in Biochemistry, 2006, 42, 1-12.	2.1	61
125	Nutritional practices of athletes: Are they subâ€optimal?. Journal of Sports Sciences, 1995, 13, S75-S81.	1.0	60
126	Exercise alters the profile of phospholipid molecular species in rat skeletal muscle. Journal of Applied Physiology, 2004, 97, 1823-1829.	1.2	60

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127	Single-leg cycle training is superior to double-leg cycling in improving the oxidative potential and metabolic profile of trained skeletal muscle. Journal of Applied Physiology, 2011, 110, 1248-1255.	1.2	59
128	Glucose kinetics during prolonged exercise in euglycaemic and hyperglycaemic subjects. Pflugers Archiv European Journal of Physiology, 1994, 426, 378-386.	1.3	58
129	Impaired interval exercise responses in elite female cyclists at moderate simulated altitude. Journal of Applied Physiology, 2000, 89, 1819-1824.	1.2	58
130	Moderate levels of hypohydration impairs bowling accuracy but not bowling velocity in skilled cricket players. Journal of Science and Medicine in Sport, 2001, 4, 179-187.	0.6	58
131	Chronic rosiglitazone treatment restores AMPKÎ±2 activity in insulin-resistant rat skeletal muscle. American Journal of Physiology - Endocrinology and Metabolism, 2006, 290, E251-E257.	1.8	58
132	Low muscle glycogen concentration does not suppress the anabolic response to resistance exercise. Journal of Applied Physiology, 2012, 113, 206-214.	1.2	57
133	Aerobic Glycolytic and Aerobic Lipolytic Power Systems. Sports Medicine, 1995, 19, 240-250.	3.1	56
134	Human metabolomics reveal daily variations under nutritional challenges specific to serum and skeletal muscle. Molecular Metabolism, 2018, 16, 1-11.	3.0	55
135	Effects of live high, train low hypoxic exposure on lactate metabolism in trained humans. Journal of Applied Physiology, 2004, 96, 517-525.	1.2	54
136	Circulating MicroRNA Responses between â€˜Highâ€™ and â€˜Lowâ€™ Responders to a 16-Wk Diet and Exercise Weight Loss Intervention. PLoS ONE, 2016, 11, e0152545.	1.1	54
137	Rosiglitazone Enhances Glucose Tolerance by Mechanisms Other than Reduction of Fatty Acid Accumulation within Skeletal Muscle. Endocrinology, 2004, 145, 5665-5670.	1.4	53
138	Preexercise Aminoacidemia and Muscle Protein Synthesis after Resistance Exercise. Medicine and Science in Sports and Exercise, 2012, 44, 1968-1977.	0.2	53
139	Lipid-induced mTOR activation in rat skeletal muscle reversed by exercise and 5â€²-aminoimidazole-4-carboxamide-1-Î²-d-ribofuranoside. Journal of Endocrinology, 2009, 202, 441-451.	1.2	52
140	Ramping up the signal: promoting endurance training adaptation in skeletal muscle by nutritional manipulation. Clinical and Experimental Pharmacology and Physiology, 2014, 41, 608-613.	0.9	52
141	Effect of carbohydrate ingestion on metabolism during running and cycling. Journal of Applied Physiology, 2001, 91, 2125-2134.	1.2	51
142	Effect of Caffeine Co-Ingested with Carbohydrate or Fat on Metabolism and Performance in Endurance-Trained Men. Experimental Physiology, 2001, 86, 137-144.	0.9	51
143	Periodization of Carbohydrate Intake: Short-Term Effect on Performance. Nutrients, 2016, 8, 755.	1.7	51
144	Adaptations to Training in Endurance Cyclists. Sports Medicine, 2001, 31, 511-520.	3.1	50

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145	Low intrinsic running capacity is associated with reduced skeletal muscle substrate oxidation and lower mitochondrial content in white skeletal muscle. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2011, 300, R835-R843.	0.9	50
146	The Effect of Carbohydrate Ingestion on the Motor Skill Proficiency of Soccer Players. International Journal of Sport Nutrition, 1996, 6, 348-355.	1.6	49
147	Short-term endurance training does not alter the oxidative capacity of human subcutaneous adipose tissue. European Journal of Applied Physiology, 2010, 109, 307-316.	1.2	49
148	Protein Ingestion Increases Myofibrillar Protein Synthesis after Concurrent Exercise. Medicine and Science in Sports and Exercise, 2015, 47, 82-91.	0.2	49
149	SnapShot: Exercise Metabolism. Cell Metabolism, 2016, 24, 342-342.e1.	7.2	49
150	Effect of increased fat availability on metabolism and exercise capacity. Medicine and Science in Sports and Exercise, 2002, 34, 1485-1491.	0.2	48
151	Intensified exercise training does not alter AMPK signaling in human skeletal muscle. American Journal of Physiology - Endocrinology and Metabolism, 2004, 286, E737-E743.	1.8	48
152	Muscle Na+-K+-ATPase activity and isoform adaptations to intense interval exercise and training in well-trained athletes. Journal of Applied Physiology, 2007, 103, 39-47.	1.2	48
153	Exercise and type 2 diabetes: New prescription for an old problem. Maturitas, 2012, 72, 311-316.	1.0	47
154	Dynamic proteome profiling of individual proteins in human skeletal muscle after a highâ€fat diet and resistance exercise. FASEB Journal, 2017, 31, 5478-5494.	0.2	47
155	Molecular Basis of Exercise-Induced Skeletal Muscle Mitochondrial Biogenesis: Historical Advances, Current Knowledge, and Future Challenges. Cold Spring Harbor Perspectives in Medicine, 2018, 8, a029686.	2.9	47
156	High dietary fat intake increases fat oxidation and reduces skeletal muscle mitochondrial respiration in trained humans. FASEB Journal, 2018, 32, 2979-2991.	0.2	47
157	Can High-Intensity Interval Training Promote Skeletal Muscle Anabolism?. Sports Medicine, 2021, 51, 405-421.	3.1	47
158	Pacing strategy in simulated cycle time-trials is based on perceived rather than actual distance. Journal of Science and Medicine in Sport, 2001, 4, 212-219.	0.6	46
159	Sprinting Toward Fitness. Cell Metabolism, 2017, 25, 988-990.	7.2	46
160	Transcriptomic and epigenetic responses to short-term nutrient-exercise stress in humans. Scientific Reports, 2017, 7, 15134.	1.6	46
161	Effect of altering substrate availability on metabolism and performance during intense exercise. British Journal of Nutrition, 2000, 84, 829-838.	1.2	44
162	Impaired Skeletal Muscle Î²-Adrenergic Activation and Lipolysis Are Associated with Whole-Body Insulin Resistance in Rats Bred for Low Intrinsic Exercise Capacity. Endocrinology, 2009, 150, 4883-4891.	1.4	44

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163	A Short-Term Ketogenic Diet Impairs Markers of Bone Health in Response to Exercise. Frontiers in Endocrinology, 2019, 10, 880.	1.5	44
164	Maternal Lifestyle Interventions: Targeting Preconception Health. Trends in Endocrinology and Metabolism, 2020, 31, 561-569.	3.1	44
165	The effect of morning vs evening exercise training on glycaemic control and serum metabolites in overweight/obese men: a randomised trial. Diabetologia, 2021, 64, 2061-2076.	2.9	44
166	Two weeks of reducedâ€volume sprint interval or traditional exercise training does not improve metabolic functioning in sedentary obese men. Diabetes, Obesity and Metabolism, 2013, 15, 1146-1153.	2.2	42
167	Acute changes to biomarkers as a consequence of prolonged strenuous running. Annals of Clinical Biochemistry, 2014, 51, 137-150.	0.8	42
168	Effect of resistance training and protein intake pattern on myofibrillar protein synthesis and proteome kinetics in older men in energy restriction. Journal of Physiology, 2018, 596, 2091-2120.	1.3	42
169	Nutritional strategies for promoting fat utilization and delaying the onset of fatigue during prolonged exercise. Journal of Sports Sciences, 1997, 15, 315-324.	1.0	41
170	Selective Modulation of MicroRNA Expression with Protein Ingestion Following Concurrent Resistance and Endurance Exercise in Human Skeletal Muscle. Frontiers in Physiology, 2016, 7, 87.	1.3	41
171	A Time to Eat and a Time to Exercise. Exercise and Sport Sciences Reviews, 2020, 48, 4-10.	1.6	41
172	Mimicking exercise: what matters most and where to next?. Journal of Physiology, 2021, 599, 791-802.	1.3	41
173	Integration of Metabolic and Mitogenic Signal Transduction in Skeletal Muscle. Exercise and Sport Sciences Reviews, 2004, 32, 4-8.	1.6	40
174	Effects of steady-state versus stochastic exercise on subsequent cycling performance. Medicine and Science in Sports and Exercise, 1997, 29, 684-687.	0.2	40
175	Discordant gene expression in skeletal muscle and adipose tissue of patients with type 2 diabetes: effect of interleukin-6 infusion. Diabetologia, 2006, 49, 1000-1007.	2.9	39
176	Measurement of maximal oxygen uptake from two different laboratory protocols in runners and squash players. Medicine and Science in Sports and Exercise, 1999, 31, 1226-1229.	0.2	39
177	Spectroscopic correlation analysis of NMR-based metabonomics in exercise science. Analytica Chimica Acta, 2009, 652, 173-179.	2.6	38
178	Dietary Regulation of Fat Oxidative Gene Expression in Different Skeletal Muscle Fiber Types. Obesity, 2003, 11, 1471-1479.	4.0	37
179	Failure to Repeatedly Supercompensate Muscle Glycogen Stores in Highly Trained Men. Medicine and Science in Sports and Exercise, 2005, 37, 404-411.	0.2	37
180	Exercise training reverses impaired skeletal muscle metabolism induced by artificial selection for low aerobic capacity. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2011, 300, R175-R182.	0.9	37

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181	Divergent skeletal muscle respiratory capacities in rats artificially selected for high and low running ability: a role for Nor1?. Journal of Applied Physiology, 2012, 113, 1403-1412.	1.2	37
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