

# John A Hawley

## List of Publications by Citations

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305  
papers

19,579  
citations

74  
h-index

127  
g-index

320  
ext. papers

21,986  
ext. citations

5  
avg, IF

7.11  
L-index

#	Paper	IF	Citations
305	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
304	Meteorin-like is a hormone that regulates immune-adipose interactions to increase beige fat thermogenesis. <i>Cell</i> , <b>2014</b> , 157, 1279-1291	56.2	540
303	Integrative biology of exercise. <i>Cell</i> , <b>2014</b> , 159, 738-49	56.2	511
302	Factors affecting running economy in trained distance runners. <i>Sports Medicine</i> , <b>2004</b> , 34, 465-85	10.6	477
301	Carbohydrates for training and competition. <i>Journal of Sports Sciences</i> , <b>2011</b> , 29 Suppl 1, S17-27	3.6	439
300	Reliability of power in physical performance tests. <i>Sports Medicine</i> , <b>2001</b> , 31, 211-34	10.6	433
299	The molecular bases of training adaptation. <i>Sports Medicine</i> , <b>2007</b> , 37, 737-63	10.6	410
298	Design and analysis of research on sport performance enhancement. <i>Medicine and Science in Sports and Exercise</i> , <b>1999</b> , 31, 472-85	1.2	409
297	Skeletal muscle fiber type: influence on contractile and metabolic properties. <i>PLoS Biology</i> , <b>2004</b> , 2, e348	7.7	292
296	Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. <i>Journal of Physiology</i> , <b>2013</b> , 591, 2319-31	3.9	280
295	Peak power output predicts maximal oxygen uptake and performance time in trained cyclists. <i>European Journal of Applied Physiology and Occupational Physiology</i> , <b>1992</b> , 65, 79-83		276
294	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. <i>Diabetes</i> , <b>2003</b> , 52, 2338-45	0.9	264
293	The bioenergetics of World Class Cycling. <i>Journal of Science and Medicine in Sport</i> , <b>2000</b> , 3, 414-33	4.4	257
292	Early signaling responses to divergent exercise stimuli in skeletal muscle from well-trained humans. <i>FASEB Journal</i> , <b>2006</b> , 20, 190-2	0.9	249
291	Exercise training-induced improvements in insulin action. <i>Acta Physiologica</i> , <b>2008</b> , 192, 127-35	5.6	234
290	Exercise as a therapeutic intervention for the prevention and treatment of insulin resistance. <i>Diabetes/Metabolism Research and Reviews</i> , <b>2004</b> , 20, 383-93	7.5	211
289	Skeletal muscle adaptation and performance responses to once a day versus twice every second day endurance training regimens. <i>Journal of Applied Physiology</i> , <b>2008</b> , 105, 1462-70	3.7	209

288	Low carbohydrate, high fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers. <i>Journal of Physiology</i> , <b>2017</b> , 595, 2785-2807	3.9	203
287	Effect of different protocols of caffeine intake on metabolism and endurance performance. <i>Journal of Applied Physiology</i> , <b>2002</b> , 93, 990-9	3.7	197
286	Update on the effects of physical activity on insulin sensitivity in humans. <i>BMJ Open Sport and Exercise Medicine</i> , <b>2016</b> , 2, e000143	3.4	195
285	Adaptations of skeletal muscle to prolonged, intense endurance training. <i>Clinical and Experimental Pharmacology and Physiology</i> , <b>2002</b> , 29, 218-22	3	186
284	Rapid aminoacidemia enhances myofibrillar protein synthesis and anabolic intramuscular signaling responses after resistance exercise. <i>American Journal of Clinical Nutrition</i> , <b>2011</b> , 94, 795-803	7	179
283	Muscle oxidative capacity is a better predictor of insulin sensitivity than lipid status. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2003</b> , 88, 5444-51	5.6	179
282	A short-term, high-fat diet up-regulates lipid metabolism and gene expression in human skeletal muscle. <i>American Journal of Clinical Nutrition</i> , <b>2003</b> , 77, 313-8	7	175
281	Impaired high-intensity cycling performance time at low levels of dehydration. <i>International Journal of Sports Medicine</i> , <b>1994</b> , 15, 392-8	3.6	157
280	Improved running economy in elite runners after 20 days of simulated moderate-altitude exposure. <i>Journal of Applied Physiology</i> , <b>2004</b> , 96, 931-7	3.7	155
279	Nutritional modulation of training-induced skeletal muscle adaptations. <i>Journal of Applied Physiology</i> , <b>2011</b> , 110, 834-45	3.7	148
278	Carbohydrate availability and exercise training adaptation: too much of a good thing?. <i>European Journal of Sport Science</i> , <b>2015</b> , 15, 3-12	3.9	145
277	Carbohydrate-loading and exercise performance. An update. <i>Sports Medicine</i> , <b>1997</b> , 24, 73-81	10.6	145
276	Concurrent exercise training: do opposites distract?. <i>Journal of Physiology</i> , <b>2017</b> , 595, 2883-2896	3.9	139
275	Disassociation of muscle triglyceride content and insulin sensitivity after exercise training in patients with Type 2 diabetes. <i>Diabetologia</i> , <b>2004</b> , 47, 23-30	10.3	136
274	A comparison of the effects of two sitting postures on back and referred pain. <i>Spine</i> , <b>1991</b> , 16, 1185-91	3.3	136
273	Effect of fat adaptation and carbohydrate restoration on metabolism and performance during prolonged cycling. <i>Journal of Applied Physiology</i> , <b>2000</b> , 89, 2413-21	3.7	131
272	Decreased PDH activation and glycogenolysis during exercise following fat adaptation with carbohydrate restoration. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2006</b> , 290, E380-8	6	127
271	Enhancement of 2000-m rowing performance after caffeine ingestion. <i>Medicine and Science in Sports and Exercise</i> , <b>2000</b> , 32, 1958-63	1.2	127

270	Interleukin-6 and tumor necrosis factor-alpha are not increased in patients with Type 2 diabetes: evidence that plasma interleukin-6 is related to fat mass and not insulin responsiveness. <i>Diabetologia</i> , <b>2004</b> , 47, 1029-37	10.3	126
269	Reliability and variability of running economy in elite distance runners. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, 1972-6	1.2	125
268	Effects of carbohydrate ingestion before and during exercise on glucose kinetics and performance. <i>Journal of Applied Physiology</i> , <b>2000</b> , 89, 2220-6	3.7	125
267	Molecular responses to strength and endurance training: are they incompatible?. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2009</b> , 34, 355-61	3	117
266	Short-term plyometric training improves running economy in highly trained middle and long distance runners. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 947-54	3.2	115
265	Metabolic and mitogenic signal transduction in human skeletal muscle after intense cycling exercise. <i>Journal of Physiology</i> , <b>2003</b> , 546, 327-35	3.9	115
264	Placebo effect of carbohydrate feedings during a 40-km cycling time trial. <i>Medicine and Science in Sports and Exercise</i> , <b>2000</b> , 32, 1642-7	1.2	115
263	Effects of different interval-training programs on cycling time-trial performance. <i>Medicine and Science in Sports and Exercise</i> , <b>1999</b> , 31, 736-41	1.2	115
262	Reduced resting skeletal muscle protein synthesis is rescued by resistance exercise and protein ingestion following short-term energy deficit. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2014</b> , 306, E989-97	6	114
261	Improved athletic performance in highly trained cyclists after interval training. <i>Medicine and Science in Sports and Exercise</i> , <b>1996</b> , 28, 1427-34	1.2	113
260	Daily training with high carbohydrate availability increases exogenous carbohydrate oxidation during endurance cycling. <i>Journal of Applied Physiology</i> , <b>2010</b> , 109, 126-34	3.7	110
259	Early time course of Akt phosphorylation after endurance and resistance exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 1843-52	1.2	108
258	Assessment of the reproducibility of performance testing on an air-braked cycle ergometer. <i>International Journal of Sports Medicine</i> , <b>1996</b> , 17, 293-8	3.6	108
257	Interaction of contractile activity and training history on mRNA abundance in skeletal muscle from trained athletes. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2006</b> , 290, E849-55	6	108
256	Pre-exercise carbohydrate and fat ingestion: effects on metabolism and performance. <i>Journal of Sports Sciences</i> , <b>2004</b> , 22, 31-8	3.6	105
255	'Exercise snacks' before meals: a novel strategy to improve glycaemic control in individuals with insulin resistance. <i>Diabetologia</i> , <b>2014</b> , 57, 1437-45	10.3	103
254	High reliability of performance of well-trained rowers on a rowing ergometer. <i>Journal of Sports Sciences</i> , <b>1999</b> , 17, 627-32	3.6	103
253	Exercise-induced phosphorylation of the novel Akt substrates AS160 and filamin A in human skeletal muscle. <i>Diabetes</i> , <b>2006</b> , 55, 1776-82	0.9	100

252	Postexercise muscle glycogen resynthesis in humans. <i>Journal of Applied Physiology</i> , <b>2017</b> , 122, 1055-1063.	7	96
251	Thiol-based antioxidant supplementation alters human skeletal muscle signaling and attenuates its inflammatory response and recovery after intense eccentric exercise. <i>American Journal of Clinical Nutrition</i> , <b>2013</b> , 98, 233-45	7	96
250	Effect of a carbohydrate mouth rinse on simulated cycling time-trial performance commenced in a fed or fasted state. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2013</b> , 38, 134-9	3	94
249	Enhanced Endurance Performance by Periodization of Carbohydrate Intake: "Sleep Low" Strategy. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 663-72	1.2	93
248	Promoting training adaptations through nutritional interventions. <i>Journal of Sports Sciences</i> , <b>2006</b> , 24, 709-21	3.6	93
247	Exercise: it's the real thing!. <i>Nutrition Reviews</i> , <b>2009</b> , 67, 172-8	6.4	88
246	Effects of fat adaptation and carbohydrate restoration on prolonged endurance exercise. <i>Journal of Applied Physiology</i> , <b>2001</b> , 91, 115-22	3.7	88
245	Adaptations to short-term high-fat diet persist during exercise despite high carbohydrate availability. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 83-91	1.2	87
244	Does High Cardiorespiratory Fitness Confer Some Protection Against Proinflammatory Responses After Infection by SARS-CoV-2?. <i>Obesity</i> , <b>2020</b> , 28, 1378-1381	8	86
243	Metabolic and performance adaptations to interval training in endurance-trained cyclists. <i>European Journal of Applied Physiology</i> , <b>1997</b> , 75, 298-304	3.4	85
242	The effects of polyphenols in olive leaves on platelet function. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2008</b> , 18, 127-32	4.5	83
241	Metabolic demands of intense aerobic interval training in competitive cyclists. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, 303-10	1.2	81
240	Effects of gamma-tocopherol supplementation on thrombotic risk factors. <i>Asia Pacific Journal of Clinical Nutrition</i> , <b>2007</b> , 16, 422-8	1	81
239	High rates of muscle glycogen resynthesis after exhaustive exercise when carbohydrate is coingested with caffeine. <i>Journal of Applied Physiology</i> , <b>2008</b> , 105, 7-13	3.7	80
238	Sex-based comparisons of myofibrillar protein synthesis after resistance exercise in the fed state. <i>Journal of Applied Physiology</i> , <b>2012</b> , 112, 1805-13	3.7	79
237	Tissue-specific effects of rosiglitazone and exercise in the treatment of lipid-induced insulin resistance. <i>Diabetes</i> , <b>2007</b> , 56, 1856-64	0.9	79
236	Hypoenergetic diet-induced reductions in myofibrillar protein synthesis are restored with resistance training and balanced daily protein ingestion in older men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2015</b> , 308, E734-43	6	77
235	Carbohydrate Dependence During Prolonged, Intense Endurance Exercise. <i>Sports Medicine</i> , <b>2015</b> , 45 Suppl 1, S5-12	10.6	77

234	Acute signalling responses to intense endurance training commenced with low or normal muscle glycogen. <i>Experimental Physiology</i> , <b>2010</b> , 95, 351-8	2.4	77
233	Effect of consecutive repeated sprint and resistance exercise bouts on acute adaptive responses in human skeletal muscle. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2009</b> , 297, R1441-51	3.2	75
232	Consecutive bouts of diverse contractile activity alter acute responses in human skeletal muscle. <i>Journal of Applied Physiology</i> , <b>2009</b> , 106, 1187-97	3.7	74
231	Water ingestion does not improve 1-h cycling performance in moderate ambient temperatures. <i>European Journal of Applied Physiology and Occupational Physiology</i> , <b>1995</b> , 71, 153-60		73
230	Training techniques to improve fatigue resistance and enhance endurance performance. <i>Journal of Sports Sciences</i> , <b>1997</b> , 15, 325-33	3.6	72
229	Strategies to enhance fat utilisation during exercise. <i>Sports Medicine</i> , <b>1998</b> , 25, 241-57	10.6	72
228	Maximizing Cellular Adaptation to Endurance Exercise in Skeletal Muscle. <i>Cell Metabolism</i> , <b>2018</b> , 27, 962-976	9.6	71
227	Beyond muscle hypertrophy: why dietary protein is important for endurance athletes. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2014</b> , 39, 987-97	3	71
226	Ketone Diester Ingestion Impairs Time-Trial Performance in Professional Cyclists. <i>Frontiers in Physiology</i> , <b>2017</b> , 8, 806	4.6	71
225	Nutrient provision increases signalling and protein synthesis in human skeletal muscle after repeated sprints. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 1473-83	3.4	70
224	Effects of sleeping with reduced carbohydrate availability on acute training responses. <i>Journal of Applied Physiology</i> , <b>2015</b> , 119, 643-55	3.7	68
223	Exercise-induced skeletal muscle signaling pathways and human athletic performance. <i>Free Radical Biology and Medicine</i> , <b>2016</b> , 98, 131-143	7.8	68
222	Prediction of triathlon race time from laboratory testing in national triathletes. <i>Medicine and Science in Sports and Exercise</i> , <b>2000</b> , 32, 844-9	1.2	68
221	Fat adaptation in well-trained athletes: effects on cell metabolism. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2011</b> , 36, 12-22	3	67
220	Oxidation of carbohydrate ingested during prolonged endurance exercise. <i>Sports Medicine</i> , <b>1992</b> , 14, 27-42	10.6	67
219	'Sarcobesity': a metabolic conundrum. <i>Maturitas</i> , <b>2013</b> , 74, 109-13	5	66
218	Global gene expression in skeletal muscle from well-trained strength and endurance athletes. <i>Medicine and Science in Sports and Exercise</i> , <b>2009</b> , 41, 546-65	1.2	66
217	Effects of 3 days of carbohydrate supplementation on muscle glycogen content and utilisation during a 1-h cycling performance. <i>European Journal of Applied Physiology</i> , <b>1997</b> , 75, 407-12	3.4	65

216	Carbohydrate intake during prolonged cycling minimizes effect of glycemic index of preexercise meal. <i>Journal of Applied Physiology</i> , <b>1998</b> , 85, 2220-6	3.7	65
215	Effects of short-term fat adaptation on metabolism and performance of prolonged exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 1492-8	1.2	64
214	Single and combined effects of beetroot juice and caffeine supplementation on cycling time trial performance. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2014</b> , 39, 1050-7	3	63
213	Influence of preexercise muscle glycogen content on transcriptional activity of metabolic and myogenic genes in well-trained humans. <i>Journal of Applied Physiology</i> , <b>2007</b> , 102, 1604-11	3.7	62
212	Living high-training low increases hypoxic ventilatory response of well-trained endurance athletes. <i>Journal of Applied Physiology</i> , <b>2002</b> , 93, 1498-505	3.7	62
211	Toward a Common Understanding of Diet-Exercise Strategies to Manipulate Fuel Availability for Training and Competition Preparation in Endurance Sport. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2018</b> , 28, 451-463	4.4	62
210	Carbohydrate availability and training adaptation: effects on cell metabolism. <i>Exercise and Sport Sciences Reviews</i> , <b>2010</b> , 38, 152-60	6.7	61
209	PGC-1alpha gene expression is down-regulated by Akt- mediated phosphorylation and nuclear exclusion of FoxO1 in insulin-stimulated skeletal muscle. <i>FASEB Journal</i> , <b>2005</b> , 19, 2072-4	0.9	61
208	Reproducibility of self-paced treadmill performance of trained endurance runners. <i>International Journal of Sports Medicine</i> , <b>1998</b> , 19, 48-51	3.6	61
207	Regulation of fuel metabolism by preexercise muscle glycogen content and exercise intensity. <i>Journal of Applied Physiology</i> , <b>2004</b> , 97, 2275-83	3.7	60
206	Metabolic and performance responses to constant-load vs. variable-intensity exercise in trained cyclists. <i>Journal of Applied Physiology</i> , <b>1999</b> , 87, 1186-96	3.7	58
205	Effects of medium-chain triglyceride ingestion on fuel metabolism and cycling performance. <i>Journal of Applied Physiology</i> , <b>1996</b> , 80, 2217-25	3.7	57
204	Alcohol ingestion impairs maximal post-exercise rates of myofibrillar protein synthesis following a single bout of concurrent training. <i>PLoS ONE</i> , <b>2014</b> , 9, e88384	3.7	56
203	Effect of meal frequency and timing on physical performance. <i>British Journal of Nutrition</i> , <b>1997</b> , 77 Suppl 1, S91-103	3.6	56
202	Fat adaptation followed by carbohydrate restoration increases AMPK activity in skeletal muscle from trained humans. <i>Journal of Applied Physiology</i> , <b>2008</b> , 105, 1519-26	3.7	56
201	Daytime pattern of post-exercise protein intake affects whole-body protein turnover in resistance-trained males. <i>Nutrition and Metabolism</i> , <b>2012</b> , 9, 91	4.6	55
200	Regulation of metabolic genes in human skeletal muscle by short-term exercise and diet manipulation. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2004</b> , 287, E25-31	6	55
199	Heart rate responses during a 4-d cycle stage race. <i>Medicine and Science in Sports and Exercise</i> , <b>1994</b> , 26, 1278-1283	1.2	55

198	Relationship between upper body anaerobic power and freestyle swimming performance. <i>International Journal of Sports Medicine</i> , <b>1991</b> , 12, 1-5	3.6	55
197	A new reliable laboratory test of endurance performance for road cyclists. <i>Medicine and Science in Sports and Exercise</i> , <b>1998</b> , 30, 1744-50	1.2	55
196	Improved 2000-meter rowing performance in competitive oarswomen after caffeine ingestion. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2000</b> , 10, 464-75	4.4	54
195	Swifter, higher, stronger: What's on the menu?. <i>Science</i> , <b>2018</b> , 362, 781-787	33.3	53
194	Low muscle glycogen concentration does not suppress the anabolic response to resistance exercise. <i>Journal of Applied Physiology</i> , <b>2012</b> , 113, 206-14	3.7	52
193	Exercise alters the profile of phospholipid molecular species in rat skeletal muscle. <i>Journal of Applied Physiology</i> , <b>2004</b> , 97, 1823-9	3.7	52
192	Prediction of maximal oxygen uptake from a 20-m shuttle run as measured directly in runners and squash players. <i>Journal of Sports Sciences</i> , <b>1998</b> , 16, 331-5	3.6	52
191	Specificity of training adaptation: time for a rethink?. <i>Journal of Physiology</i> , <b>2008</b> , 586, 1-2	3.9	50
190	Carbohydrate loading failed to improve 100-km cycling performance in a placebo-controlled trial. <i>Journal of Applied Physiology</i> , <b>2000</b> , 88, 1284-90	3.7	50
189	Fluid balance in team sports. Guidelines for optimal practices. <i>Sports Medicine</i> , <b>1997</b> , 24, 38-54	10.6	49
188	Rosiglitazone enhances glucose tolerance by mechanisms other than reduction of fatty acid accumulation within skeletal muscle. <i>Endocrinology</i> , <b>2004</b> , 145, 5665-70	4.8	49
187	Effects of live high, train low hypoxic exposure on lactate metabolism in trained humans. <i>Journal of Applied Physiology</i> , <b>2004</b> , 96, 517-25	3.7	49
186	Impaired interval exercise responses in elite female cyclists at moderate simulated altitude. <i>Journal of Applied Physiology</i> , <b>2000</b> , 89, 1819-24	3.7	49
185	Glucose kinetics during prolonged exercise in euglycaemic and hyperglycaemic subjects. <i>Pflugers Archiv European Journal of Physiology</i> , <b>1994</b> , 426, 378-86	4.6	49
184	The effects of carbohydrate loading on muscle glycogen content and cycling performance. <i>International Journal of Sport Nutrition</i> , <b>1995</b> , 5, 25-36		49
183	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. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	48
182	Single-leg cycle training is superior to double-leg cycling in improving the oxidative potential and metabolic profile of trained skeletal muscle. <i>Journal of Applied Physiology</i> , <b>2011</b> , 110, 1248-55	3.7	48
181	Moderate levels of hypohydration impairs bowling accuracy but not bowling velocity in skilled cricket players. <i>Journal of Science and Medicine in Sport</i> , <b>2001</b> , 4, 179-87	4.4	48



180	Effect of short-term fat adaptation on high-intensity training. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 449-55	1.2	48
179	Chronic rosiglitazone treatment restores AMPK $\alpha$ 2 activity in insulin-resistant rat skeletal muscle. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2006</b> , 290, E251-7	6	47
178	Effect of carbohydrate ingestion on metabolism during running and cycling. <i>Journal of Applied Physiology</i> , <b>2001</b> , 91, 2125-34	3.7	47
177	Lipid-induced mTOR activation in rat skeletal muscle reversed by exercise and 5'-aminoimidazole-4-carboxamide-1-beta-D-ribofuranoside. <i>Journal of Endocrinology</i> , <b>2009</b> , 202, 441-51	4.7	46
176	Low intrinsic running capacity is associated with reduced skeletal muscle substrate oxidation and lower mitochondrial content in white skeletal muscle. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2011</b> , 300, R835-43	3.2	46
175	Aerobic glycolytic and aerobic lipolytic power systems. A new paradigm with implications for endurance and ultraendurance events. <i>Sports Medicine</i> , <b>1995</b> , 19, 240-50	10.6	45
174	Ramping up the signal: promoting endurance training adaptation in skeletal muscle by nutritional manipulation. <i>Clinical and Experimental Pharmacology and Physiology</i> , <b>2014</b> , 41, 608-13	3	44
173	Preexercise aminoacidemia and muscle protein synthesis after resistance exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 1968-77	1.2	44
172	Nutritional practices of athletes: are they sub-optimal?. <i>Journal of Sports Sciences</i> , <b>1995</b> , 13 Spec No, S75-81	3.6	44
171	The effect of carbohydrate ingestion on the motor skill proficiency of soccer players. <i>International Journal of Sport Nutrition</i> , <b>1996</b> , 6, 348-55		44
170	Signalling mechanisms in skeletal muscle: role in substrate selection and muscle adaptation. <i>Essays in Biochemistry</i> , <b>2006</b> , 42, 1-12	7.6	44
169	Pacing strategy in simulated cycle time-trials is based on perceived rather than actual distance. <i>Journal of Science and Medicine in Sport</i> , <b>2001</b> , 4, 212-9	4.4	43
168	Impaired skeletal muscle beta-adrenergic activation and lipolysis are associated with whole-body insulin resistance in rats bred for low intrinsic exercise capacity. <i>Endocrinology</i> , <b>2009</b> , 150, 4883-91	4.8	42
167	High-fat diet versus habitual diet prior to carbohydrate loading: effects of exercise metabolism and cycling performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2001</b> , 11, 209-25	4.4	42
166	Intensified exercise training does not alter AMPK signaling in human skeletal muscle. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2004</b> , 286, E737-43	6	41
165	The Challenge of Maintaining Metabolic Health During a Global Pandemic. <i>Sports Medicine</i> , <b>2020</b> , 50, 1233-1241	10.6	41
164	Exercise and type 2 diabetes: new prescription for an old problem. <i>Maturitas</i> , <b>2012</b> , 72, 311-6	5	40
163	Muscle Na <sup>+</sup> -K <sup>+</sup> -ATPase activity and isoform adaptations to intense interval exercise and training in well-trained athletes. <i>Journal of Applied Physiology</i> , <b>2007</b> , 103, 39-47	3.7	39

162	Protein ingestion increases myofibrillar protein synthesis after concurrent exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 82-91	1.2	38
161	High dietary fat intake increases fat oxidation and reduces skeletal muscle mitochondrial respiration in trained humans. <i>FASEB Journal</i> , <b>2018</b> , 32, 2979-2991	0.9	38
160	Short-term endurance training does not alter the oxidative capacity of human subcutaneous adipose tissue. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 109, 307-16	3.4	38
159	Effect of caffeine co-ingested with carbohydrate or fat on metabolism and performance in endurance-trained men. <i>Experimental Physiology</i> , <b>2001</b> , 86, 137-44	2.4	38
158	Effect of increased fat availability on metabolism and exercise capacity. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 1485-91	1.2	38
157	Adaptations to training in endurance cyclists: implications for performance. <i>Sports Medicine</i> , <b>2001</b> , 31, 511-20	10.6	38
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10	Patterns Of Protein Ingestion And Muscle Protein Synthesis After Resistance Exercise In Trained Men. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 63	1.2	
9	Adaptations to Training49-137		
8	Regulation of mTORC 1/2 Formation in Response to a High- fat Diet and Exercise Training.. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, S3-S4	1.2	
7	Training Techniques for Successful Running Performance44-57		
6	Thème 2. Les adaptations ^l'entraînement par la chrononutrition': connaissances rcentes et applications pratiques pour les sports olympiques39-45		
5	Pre-exercise carbohydrate and fat ingestion: effects on metabolism and performance <b>2004</b> , 50-62		
4	Decreased Skeletal Muscle Pyruvate Dehydrogenase Activation During Cycling Following Short-term High-fat Adaptation With Carbohydrate Restoration. <i>Medicine and Science in Sports and Exercise</i> , <b>2005</b> , 37, S3-S4	1.2	
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2	Topic 2. Training adaptations by timed nutrition: recent knowledge and practical applications for Rio 2016 perspectives <b>2015</b> , 37-45		
1	Sending the Signal: Muscle Glycogen Availability as a Regulator of Training Adaptation. <i>Research and Perspectives in Endocrine Interactions</i> , <b>2017</b> , 43-55		

