

John A Hawley

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.

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	Disrupting AMPK-Glycogen Binding in Mice Increases Carbohydrate Utilization and Reduces Exercise Capacity.. <i>Frontiers in Physiology</i> , 2022 , 13, 859246	4.6	0
304	Skeletal Muscle Adaptive Responses to Different Types of Short-Term Exercise Training and Detraining in Middle-Age Men. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 2023-2036	1.2	4
303	High-intensity exercise training - too much of a good thing?. <i>Nature Reviews Endocrinology</i> , 2021 , 17, 385-386	15.2	4
302	The effect of morning vs evening exercise training on glycaemic control and serum metabolites in overweight/obese men: a randomised trial. <i>Diabetologia</i> , 2021 , 64, 2061-2076	10.3	7
301	Lower nocturnal blood glucose response to a potato-based mixed evening meal compared to rice in individuals with type 2 diabetes. <i>Clinical Nutrition</i> , 2021 , 40, 2200-2209	5.9	0
300	Mimicking exercise: what matters most and where to next?. <i>Journal of Physiology</i> , 2021 , 599, 791-802	3.9	16
299	Can High-Intensity Interval Training Promote Skeletal Muscle Anabolism?. <i>Sports Medicine</i> , 2021 , 51, 405-426	13	13
298	Isolated and combined effects of high-intensity interval training and time-restricted eating on glycaemic control in reproductive-aged women with overweight or obesity: study protocol for a four-armed randomised controlled trial. <i>BMJ Open</i> , 2021 , 11, e040020	3	0
297	Three weeks of interrupting sitting lowers fasting glucose and glycemic variability, but not glucose tolerance, in free-living women and men with obesity. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2021 , 321, E203-E216	6	1
296	Mice with Whole-Body Disruption of AMPK-Glycogen Binding Have Increased Adiposity, Reduced Fat Oxidation and Altered Tissue Glycogen Dynamics. <i>International Journal of Molecular Sciences</i> , 2021 , 22,	6.3	1
295	Omega-3 Polyunsaturated Fatty Acids Mitigate Palmitate-Induced Impairments in Skeletal Muscle Cell Viability and Differentiation. <i>Frontiers in Physiology</i> , 2020 , 11, 563	4.6	8
294	Genetic loss of AMPK-glycogen binding destabilises AMPK and disrupts metabolism. <i>Molecular Metabolism</i> , 2020 , 41, 101048	8.8	9
293	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> , 2020 , 12,	6.7	48
292	Divergent Regulation of Myotube Formation and Gene Expression by E2 and EPA during In-Vitro Differentiation of C2C12 Myoblasts. <i>International Journal of Molecular Sciences</i> , 2020 , 21,	6.3	6
291	Maternal Lifestyle Interventions: Targeting Preconception Health. <i>Trends in Endocrinology and Metabolism</i> , 2020 , 31, 561-569	8.8	18
290	Does High Cardiorespiratory Fitness Confer Some Protection Against Proinflammatory Responses After Infection by SARS-CoV-2?. <i>Obesity</i> , 2020 , 28, 1378-1381	8	86
289	The Challenge of Maintaining Metabolic Health During a Global Pandemic. <i>Sports Medicine</i> , 2020 , 50, 1233-1241	10.6	41

288	Microbiota and muscle highway - two way traffic. <i>Nature Reviews Endocrinology</i> , 2020 , 16, 71-72	15.2	19
287	A Time to Eat and a Time to Exercise. <i>Exercise and Sport Sciences Reviews</i> , 2020 , 48, 4-10	6.7	22
286	Chrono-nutrition for the prevention and treatment of obesity and type 2 diabetes: from mice to men. <i>Diabetologia</i> , 2020 , 63, 2253-2259	10.3	21
285	Time-Restricted Eating as a Nutrition Strategy for Individuals with Type 2 Diabetes: A Feasibility Study. <i>Nutrients</i> , 2020 , 12,	6.7	19
284	Circulating and Adipose Tissue miRNAs in Women With Polycystic Ovary Syndrome and Responses to High-Intensity Interval Training. <i>Frontiers in Physiology</i> , 2020 , 11, 904	4.6	7
283	Time-restricted feeding alters lipid and amino acid metabolite rhythmicity without perturbing clock gene expression. <i>Nature Communications</i> , 2020 , 11, 4643	17.4	22
282	A single bout of strenuous exercise overcomes lipid-induced anabolic resistance to protein ingestion in overweight, middle-aged men. <i>FASEB Journal</i> , 2019 , 33, 7009-7017	0.9	6
281	A Short-Term Ketogenic Diet Impairs Markers of Bone Health in Response to Exercise. <i>Frontiers in Endocrinology</i> , 2019 , 10, 880	5.7	19
280	Between-meal sucrose-sweetened beverage consumption impairs glycaemia and lipid metabolism during prolonged sitting: A randomized controlled trial. <i>Clinical Nutrition</i> , 2019 , 38, 1536-1543	5.9	7
279	Prevalence and profile of "seasonal frequent flyers" with chronic heart disease: Analysis of 1598 patients and 4588 patient-years follow-up. <i>International Journal of Cardiology</i> , 2019 , 279, 126-132	3.2	2
278	Maximizing Cellular Adaptation to Endurance Exercise in Skeletal Muscle. <i>Cell Metabolism</i> , 2018 , 27, 962-976	21.6	71
277	Protein Availability and Satellite Cell Dynamics in Skeletal Muscle. <i>Sports Medicine</i> , 2018 , 48, 1329-1343	10.6	14
276	Effect of resistance training and protein intake pattern on myofibrillar protein synthesis and proteome kinetics in older men in energy restriction. <i>Journal of Physiology</i> , 2018 , 596, 2091-2120	3.9	27
275	Molecular Basis of Exercise-Induced Skeletal Muscle Mitochondrial Biogenesis: Historical Advances, Current Knowledge, and Future Challenges. <i>Cold Spring Harbor Perspectives in Medicine</i> , 2018 , 8,	5.4	26
274	High dietary fat intake increases fat oxidation and reduces skeletal muscle mitochondrial respiration in trained humans. <i>FASEB Journal</i> , 2018 , 32, 2979-2991	0.9	38
273	Effects of Providing High-Fat versus High-Carbohydrate Meals on Daily and Postprandial Physical Activity and Glucose Patterns: a Randomised Controlled Trial. <i>Nutrients</i> , 2018 , 10,	6.7	11
272	Impact of First Meal Size during Prolonged Sitting on Postprandial Glycaemia in Individuals with Prediabetes: A Randomised, Crossover Study. <i>Nutrients</i> , 2018 , 10,	6.7	3
271	Human metabolomics reveal daily variations under nutritional challenges specific to serum and skeletal muscle. <i>Molecular Metabolism</i> , 2018 , 16, 1-11	8.8	36

270	Effects of Creatine and Carbohydrate Loading on Cycling Time Trial Performance. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 141-150	1.2	11
269	Swifter, higher, stronger: What's on the menu?. <i>Science</i> , 2018 , 362, 781-787	33.3	53
268	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> , 2018 , 28, 451-463	4.4	62
267	Adaptations to Concurrent Training in Combination with High Protein Availability: A Comparative Trial in Healthy, Recreationally Active Men. <i>Sports Medicine</i> , 2018 , 48, 2869-2883	10.6	11
266	Fenugreek increases insulin-stimulated creatine content in L6C11 muscle myotubes. <i>European Journal of Nutrition</i> , 2017 , 56, 973-979	5.2	8
265	Commentaries on Viewpoint: A time for exercise: the exercise window. <i>Journal of Applied Physiology</i> , 2017 , 122, 210-213	3.7	2
264	Acute low-intensity cycling with blood-flow restriction has no effect on metabolic signaling in human skeletal muscle compared to traditional exercise. <i>European Journal of Applied Physiology</i> , 2017 , 117, 345-358	3.4	9
263	Sprinting Toward Fitness. <i>Cell Metabolism</i> , 2017 , 25, 988-990	24.6	34
262	Expression of microRNAs and target proteins in skeletal muscle of rats selectively bred for high and low running capacity. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2017 , 313, E335-E343	6.3	8
261	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> , 2017 , 595, 2785-2807	3.9	203
260	Dynamic proteome profiling of individual proteins in human skeletal muscle after a high-fat diet and resistance exercise. <i>FASEB Journal</i> , 2017 , 31, 5478-5494	0.9	31
259	Transcriptomic and epigenetic responses to short-term nutrient-exercise stress in humans. <i>Scientific Reports</i> , 2017 , 7, 15134	4.9	33
258	Single and Combined Effects of Beetroot Crystals and Sodium Bicarbonate on 4-km Cycling Time Trial Performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017 , 27, 271-278	4.4	25
257	Postexercise muscle glycogen resynthesis in humans. <i>Journal of Applied Physiology</i> , 2017 , 122, 1055-1067	3.7	96
256	Concurrent exercise training: do opposites distract?. <i>Journal of Physiology</i> , 2017 , 595, 2883-2896	3.9	139
255	Ketone Diester Ingestion Impairs Time-Trial Performance in Professional Cyclists. <i>Frontiers in Physiology</i> , 2017 , 8, 806	4.6	71
254	Sending the Signal: Muscle Glycogen Availability as a Regulator of Training Adaptation. <i>Research and Perspectives in Endocrine Interactions</i> , 2017 , 43-55		
253	Update on the effects of physical activity on insulin sensitivity in humans. <i>BMJ Open Sport and Exercise Medicine</i> , 2016 , 2, e000143	3.4	195

252	Commentaries on Viewpoint: The rigorous study of exercise adaptations: Why mRNA might not be enough. <i>Journal of Applied Physiology</i> , 2016 , 121, 597-600	3.7	5
251	Protein coingestion with alcohol following strenuous exercise attenuates alcohol-induced intramyocellular apoptosis and inhibition of autophagy. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2016 , 311, E836-E849	6	16
250	Ultrasound Technology Fails To Provide Indirect Estimate Of Muscle Glycogen Concentration. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 520	1.2	5
249	Effects of skeletal muscle energy availability on protein turnover responses to exercise. <i>Journal of Experimental Biology</i> , 2016 , 219, 214-25	3	27
248	Enhanced Endurance Performance by Periodization of Carbohydrate Intake: "Sleep Low" Strategy. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 663-72	1.2	93
247	A randomized trial of high-dairy-protein, variable-carbohydrate diets and exercise on body composition in adults with obesity. <i>Obesity</i> , 2016 , 24, 1035-45	8	18
246	Exercise-induced skeletal muscle signaling pathways and human athletic performance. <i>Free Radical Biology and Medicine</i> , 2016 , 98, 131-143	7.8	68
245	Carbohydrate dependence during prolonged simulated cycling time trials. <i>European Journal of Applied Physiology</i> , 2016 , 116, 781-90	3.4	13
244	Altering fatty acid availability does not impair prolonged, continuous running to fatigue: evidence for carbohydrate dependence. <i>Journal of Applied Physiology</i> , 2016 , 120, 107-13	3.7	18
243	Metabolism: One step forward for exercise. <i>Nature Reviews Endocrinology</i> , 2016 , 12, 7-8	15.2	5
242	Circulating MicroRNA Responses between 'High' and 'Low' Responders to a 16-Wk Diet and Exercise Weight Loss Intervention. <i>PLoS ONE</i> , 2016 , 11, e0152545	3.7	38
241	Selective Modulation of MicroRNA Expression with Protein Ingestion Following Concurrent Resistance and Endurance Exercise in Human Skeletal Muscle. <i>Frontiers in Physiology</i> , 2016 , 7, 87	4.6	31
240	Acute Endurance Exercise Induces Nuclear p53 Abundance in Human Skeletal Muscle. <i>Frontiers in Physiology</i> , 2016 , 7, 144	4.6	28
239	Periodization of Carbohydrate Intake: Short-Term Effect on Performance. <i>Nutrients</i> , 2016 , 8,	6.7	38
238	Postexercise High-Fat Feeding Suppresses p70S6K1 Activity in Human Skeletal Muscle. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 2108-2117	1.2	19
237	Attenuated PGC-1 α Isoforms Following Endurance Exercise with Blood Flow Restriction. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 1699-707	1.2	20
236	Revisiting the three component synthesis of isoxazolo[5,4-b]pyridines, 4-aryl-3,7,7-trimethyl-isoxazolo[5,4-b]quinolin-5(6H)-ones and related heterocycles. <i>Polyhedron</i> , 2016 , 120, 175-179	2.7	4
235	SnapShot: Exercise Metabolism. <i>Cell Metabolism</i> , 2016 , 24, 342-342.e1	24.6	34

234	Exercise Metabolism: Historical Perspective. <i>Cell Metabolism</i> , 2015 , 22, 12-7	24.6	27
233	The erosion of physical activity in Western societies: an economic death march. <i>Diabetologia</i> , 2015 , 58, 1730-4	10.3	16
232	Protein ingestion increases myofibrillar protein synthesis after concurrent exercise. <i>Medicine and Science in Sports and Exercise</i> , 2015 , 47, 82-91	1.2	38
231	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> , 2015 , 308, E734-43	6	77
230	Effects of sleeping with reduced carbohydrate availability on acute training responses. <i>Journal of Applied Physiology</i> , 2015 , 119, 643-55	3.7	68
229	Carbohydrate Dependence During Prolonged, Intense Endurance Exercise. <i>Sports Medicine</i> , 2015 , 45 Suppl 1, S5-12	10.6	77
228	Carbohydrate availability and exercise training adaptation: too much of a good thing?. <i>European Journal of Sport Science</i> , 2015 , 15, 3-12	3.9	145
227	Modulation of autophagy signaling with resistance exercise and protein ingestion following short-term energy deficit. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2015 , 309, R603-12	3.2	25
226	Resistance exercise with low glycogen increases p53 phosphorylation and PGC-1 α mRNA in skeletal muscle. <i>European Journal of Applied Physiology</i> , 2015 , 115, 1185-94	3.4	27
225	Commentaries on Viewpoint: What is the relationship between acute measure of muscle protein synthesis and changes in muscle mass?. <i>Journal of Applied Physiology</i> , 2015 , 118, 498-503	3.7	11
224	Topic 2. Training adaptations by timed nutrition: recent knowledge and practical applications for Rio 2016 perspectives 2015 , 37-45		
223	'Exercise snacks' before meals: a novel strategy to improve glycaemic control in individuals with insulin resistance. <i>Diabetologia</i> , 2014 , 57, 1437-45	10.3	103
222	Single and combined effects of beetroot juice and caffeine supplementation on cycling time trial performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 1050-7	3	63
221	Mitochondrial function in metabolic health: a genetic and environmental tug of war. <i>Biochimica Et Biophysica Acta - General Subjects</i> , 2014 , 1840, 1285-94	4	16
220	Increasing leucine concentration stimulates mechanistic target of rapamycin signaling and cell growth in C2C12 skeletal muscle cells. <i>Nutrition Research</i> , 2014 , 34, 1000-7	4	28
219	Integrative biology of exercise. <i>Cell</i> , 2014 , 159, 738-49	56.2	511
218	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> , 2014 , 306, E989-97	6	114
217	Beyond muscle hypertrophy: why dietary protein is important for endurance athletes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 987-97	3	71

216	Acute changes to biomarkers as a consequence of prolonged strenuous running. <i>Annals of Clinical Biochemistry</i> , 2014 , 51, 137-50	2.2	32
215	Meteorin-like is a hormone that regulates immune-adipose interactions to increase beige fat thermogenesis. <i>Cell</i> , 2014 , 157, 1279-1291	56.2	540
214	Alcohol ingestion impairs maximal post-exercise rates of myofibrillar protein synthesis following a single bout of concurrent training. <i>PLoS ONE</i> , 2014 , 9, e88384	3.7	56
213	Painful ophthalmoplegia: a case of Tolosa-Hunt syndrome. <i>Military Medicine</i> , 2014 , 179, e1409-10	1.3	6
212	Ramping up the signal: promoting endurance training adaptation in skeletal muscle by nutritional manipulation. <i>Clinical and Experimental Pharmacology and Physiology</i> , 2014 , 41, 608-13	3	44
211	The relationship between exercise, nutrition and type 2 diabetes. <i>Medicine and Sport Science</i> , 2014 , 60, 1-10		18
210	Metabolic Adaptations to a High-Fat Diet 2013 , 166-173		
209	'Sarcobesity': a metabolic conundrum. <i>Maturitas</i> , 2013 , 74, 109-13	5	66
208	Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. <i>Journal of Physiology</i> , 2013 , 591, 2319-31	3.9	280
207	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> , 2013 , 38, 134-9	3	94
206	Two weeks of reduced-volume sprint interval or traditional exercise training does not improve metabolic functioning in sedentary obese men. <i>Diabetes, Obesity and Metabolism</i> , 2013 , 15, 1146-53	6.7	37
205	Exercise training enhances white adipose tissue metabolism in rats selectively bred for low- or high-endurance running capacity. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2013 , 305, E429-38	6	25
204	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> , 2013 , 98, 233-45	7	96
203	Low intrinsic exercise capacity in rats predisposes to age-dependent cardiac remodeling independent of macrovascular function. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2013 , 304, H729-39	5.2	19
202	Nutritional strategies to modulate the adaptive response to endurance training. <i>Nestle Nutrition Institute Workshop Series</i> , 2013 , 75, 1-14	1.9	11
201	Caffeine ingestion and cycling power output in a low or normal muscle glycogen state. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 1577-84	1.2	32
200	ERK1/2 in the brain mediates the effects of central resistin on reducing thermogenesis in brown adipose tissue. <i>International Journal of Physiology, Pathophysiology and Pharmacology</i> , 2013 , 5, 184-9	3.4	10
199	Reply from M. J. Gibala, J. P. Little, M. J. MacDonald and J. A. Hawley. <i>Journal of Physiology</i> , 2012 , 590, 3391-3391	3.9	1

198	What's new since Hippocrates? Preventing type 2 diabetes by physical exercise and diet. <i>Diabetologia</i> , 2012 , 55, 535-9	10.3	23
197	Skeletal muscle respiratory capacity is enhanced in rats consuming an obesogenic Western diet. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2012 , 302, E1541-9	6	24
196	Divergent skeletal muscle respiratory capacities in rats artificially selected for high and low running ability: a role for Nor1?. <i>Journal of Applied Physiology</i> , 2012 , 113, 1403-12	3.7	28
195	Exercise and type 2 diabetes: new prescription for an old problem. <i>Maturitas</i> , 2012 , 72, 311-6	5	40
194	Daytime pattern of post-exercise protein intake affects whole-body protein turnover in resistance-trained males. <i>Nutrition and Metabolism</i> , 2012 , 9, 91	4.6	55
193	Physiological adaptations to low-volume, high-intensity interval training in health and disease. <i>Journal of Physiology</i> , 2012 , 590, 1077-84	3.9	863
192	Low muscle glycogen concentration does not suppress the anabolic response to resistance exercise. <i>Journal of Applied Physiology</i> , 2012 , 113, 206-14	3.7	52
191	Sex-based comparisons of myofibrillar protein synthesis after resistance exercise in the fed state. <i>Journal of Applied Physiology</i> , 2012 , 112, 1805-13	3.7	79
190	Preexercise aminoacidemia and muscle protein synthesis after resistance exercise. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 1968-77	1.2	44
189	Fat adaptation science: low-carbohydrate, high-fat diets to alter fuel utilization and promote training adaptation. <i>Nestle Nutrition Institute Workshop Series</i> , 2011 , 69, 59-71; discussion 71-7	1.9	7
188	Fat adaptation in well-trained athletes: effects on cell metabolism. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011 , 36, 12-22	3	67
187	Carbohydrates for training and competition. <i>Journal of Sports Sciences</i> , 2011 , 29 Suppl 1, S17-27	3.6	439
186	Rapid aminoacidemia enhances myofibrillar protein synthesis and anabolic intramuscular signaling responses after resistance exercise. <i>American Journal of Clinical Nutrition</i> , 2011 , 94, 795-803	7	179
185	2011 ,		11
184	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> , 2011 , 110, 1248-55	3.7	48
183	Fat Metabolism 2011 , 51-58		
182	Nutrient provision increases signalling and protein synthesis in human skeletal muscle after repeated sprints. <i>European Journal of Applied Physiology</i> , 2011 , 111, 1473-83	3.4	70
181	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> , 2011 , 300, R835-43	3.2	46

180	Nutritional modulation of training-induced skeletal muscle adaptations. <i>Journal of Applied Physiology</i> , 2011 , 110, 834-45	3.7	148
179	Exercise training reverses impaired skeletal muscle metabolism induced by artificial selection for low aerobic capacity. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2011 , 300, R175-82	3.2	33
178	Acute signalling responses to intense endurance training commenced with low or normal muscle glycogen. <i>Experimental Physiology</i> , 2010 , 95, 351-8	2.4	77
177	Carbohydrate availability and training adaptation: effects on cell metabolism. <i>Exercise and Sport Sciences Reviews</i> , 2010 , 38, 152-60	6.7	61
176	Cytokine responses to carbohydrate ingestion during recovery from exercise-induced muscle injury. <i>Journal of Interferon and Cytokine Research</i> , 2010 , 30, 329-37	3.5	14
175	The effect of exercise on the skeletal muscle phospholipidome of rats fed a high-fat diet. <i>International Journal of Molecular Sciences</i> , 2010 , 11, 3954-64	6.3	10
174	Early time course of Akt phosphorylation after endurance and resistance exercise. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 1843-52	1.2	108
173	Skeletal muscle: increasing the size of the locomotor cell. <i>International Journal of Biochemistry and Cell Biology</i> , 2010 , 42, 1376-9	5.6	18
172	Gamma tocopherol supplementation prevents exercise induced coagulation and platelet aggregation. <i>Thrombosis Research</i> , 2010 , 125, 196-9	8.2	15
171	Daily training with high carbohydrate availability increases exogenous carbohydrate oxidation during endurance cycling. <i>Journal of Applied Physiology</i> , 2010 , 109, 126-34	3.7	110
170	Genes, Exercise, and Glucose and Insulin Metabolism 2010 , 240-248		
169	Patterns Of Protein Ingestion And Muscle Protein Synthesis After Resistance Exercise In Trained Men. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 63	1.2	
168	Short-term endurance training does not alter the oxidative capacity of human subcutaneous adipose tissue. <i>European Journal of Applied Physiology</i> , 2010 , 109, 307-16	3.4	38
167	Contraction-induced changes in TNFalpha and Akt-mediated signalling are associated with increased myofibrillar protein in rat skeletal muscle. <i>European Journal of Applied Physiology</i> , 2010 , 109, 839-48	3.4	21
166	Aerobic training reverses high-fat diet-induced pro-inflammatory signalling in rat skeletal muscle. <i>European Journal of Applied Physiology</i> , 2010 , 110, 779-88	3.4	5
165	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> , 2009 , 202, 441-51	4.7	46
164	Consecutive bouts of diverse contractile activity alter acute responses in human skeletal muscle. <i>Journal of Applied Physiology</i> , 2009 , 106, 1187-97	3.7	74
163	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> , 2009 , 150, 4883-91	4.8	42

162	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> , 2009 , 297, R1441-51	3.2	75
161	Exercise intensity and insulin sensitivity: how low can you go?. <i>Diabetologia</i> , 2009 , 52, 1709-13	10.3	29
160	Exercise: it's the real thing!. <i>Nutrition Reviews</i> , 2009 , 67, 172-8	6.4	88
159	Spectroscopic correlation analysis of NMR-based metabonomics in exercise science. <i>Analytica Chimica Acta</i> , 2009 , 652, 173-9	6.6	34
158	The 5' adenosine monophosphate-activated protein kinase: regulating the ebb and flow of cellular energetics. <i>International Journal of Biochemistry and Cell Biology</i> , 2009 , 41, 2360-3	5.6	23
157	Molecular responses to strength and endurance training: are they incompatible?. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009 , 34, 355-61	3	117
156	Global gene expression in skeletal muscle from well-trained strength and endurance athletes. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 546-65	1.2	66
155	Exercise-induced phospho-proteins in skeletal muscle. <i>International Journal of Obesity</i> , 2008 , 32 Suppl 4, S18-23	5.5	21
154	Specificity of training adaptation: time for a rethink?. <i>Journal of Physiology</i> , 2008 , 586, 1-2	3.9	50
153	Activation of atypical protein kinase Czeta toward TC10 is regulated by high-fat diet and aerobic exercise in skeletal muscle. <i>Metabolism: Clinical and Experimental</i> , 2008 , 57, 1173-80	12.7	6
152	The effects of polyphenols in olive leaves on platelet function. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2008 , 18, 127-32	4.5	83
151	Skeletal muscle adaptation and performance responses to once a day versus twice every second day endurance training regimens. <i>Journal of Applied Physiology</i> , 2008 , 105, 1462-70	3.7	209
150	The battle against obesity-attacking physical inactivity as a primary means of defense. <i>Nature Clinical Practice Endocrinology and Metabolism</i> , 2008 , 4, 548-9		1
149	High rates of muscle glycogen resynthesis after exhaustive exercise when carbohydrate is coingested with caffeine. <i>Journal of Applied Physiology</i> , 2008 , 105, 7-13	3.7	80
148	Fat adaptation followed by carbohydrate restoration increases AMPK activity in skeletal muscle from trained humans. <i>Journal of Applied Physiology</i> , 2008 , 105, 1519-26	3.7	56
147	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> , 2008 , 40, S3-S4	1.2	
146	Commentary on viewpoint: Perspective on the future use of genomics in exercise prescription. <i>Journal of Applied Physiology</i> , 2008 , 104, 1253	3.7	3
145	Commentary on Viewpoint: Exercise and cardiovascular risk reduction: time to update the rationale for exercise?. <i>Journal of Applied Physiology</i> , 2008 , 105, 772	3.7	2

144	Exercise training-induced improvements in insulin action. <i>Acta Physiologica</i> , 2008 , 192, 127-35	5.6	234
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