Samuele M Marcora

List of Publications by Year
in descending order

136 papers	11,470 citations	38742 50 h-index	30087 103 g-index
144 all docs	144 docs citations	144 times ranked	7483 citing authors

#	Article	IF	Citations
1	Mental fatigue impairs physical performance in humans. Journal of Applied Physiology, 2009, 106, 857-864.	2.5	908
2	Use of RPE-Based Training Load in Soccer. Medicine and Science in Sports and Exercise, 2004, 36, 1042-1047.	0.4	781
3	The Effects of Mental Fatigue on Physical Performance: A Systematic Review. Sports Medicine, 2017, 47, 1569-1588.	6.5	472
4	Factors influencing physiological responses to small-sided soccer games. Journal of Sports Sciences, 2007, 25, 659-666.	2.0	467
5	Physiological and Performance Effects of Generic versus Specific Aerobic Training in Soccer Players. International Journal of Sports Medicine, 2006, 27, 483-492.	1.7	451
6	Internal and External Training Load: 15 Years On. International Journal of Sports Physiology and Performance, 2019, 14, 270-273.	2.3	445
7	Validity of Simple Field Tests as Indicators of Match-Related Physical Performance in Top-Level Professional Soccer Players. International Journal of Sports Medicine, 2007, 28, 228-235.	1.7	419
8	Physiological assessment of aerobic training in soccer. Journal of Sports Sciences, 2005, 23, 583-592.	2.0	418
9	Perception of effort during exercise is independent of afferent feedback from skeletal muscles, heart, and lungs. Journal of Applied Physiology, 2009, 106, 2060-2062.	2.5	354
10	The limit to exercise tolerance in humans: mind over muscle?. European Journal of Applied Physiology, 2010, 109, 763-770.	2.5	296
11	Heart rate and blood lactate correlates of perceived exertion during small-sided soccer games. Journal of Science and Medicine in Sport, 2009, 12, 79-84.	1.3	256
12	A Vertical Jump Force Test for Assessing Bilateral Strength Asymmetry in Athletes. Medicine and Science in Sports and Exercise, 2007, 39, 2044-2050.	0.4	255
13	Mental Fatigue Impairs Soccer-Specific Physical and Technical Performance. Medicine and Science in Sports and Exercise, 2016, 48, 267-276.	0.4	246
14	Perception of effort reflects central motor command during movement execution. Psychophysiology, 2012, 49, 1242-1253.	2.4	231
15	Psychological Determinants of Whole-Body Endurance Performance. Sports Medicine, 2015, 45, 997-1015.	6.5	188
16	Do we really need a central governor to explain brain regulation of exercise performance?. European Journal of Applied Physiology, 2008, 104, 929-931.	2.5	186
17	Effects of highâ€intensity resistance training in patients with rheumatoid arthritis: A randomized controlled trial. Arthritis and Rheumatism, 2009, 61, 1726-1734.	6.7	186
18	Locomotor muscle fatigue increases cardiorespiratory responses and reduces performance during intense cycling exercise independently from metabolic stress. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2008, 294, R874-R883.	1.8	172

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19	Randomized phase 2 trial of anti-tumor necrosis factor therapy for cachexia in patients with early rheumatoid arthritis. American Journal of Clinical Nutrition, 2006, 84, 1463-1472.	4.7	171
20	Prolonged Mental Exertion Does Not Alter Neuromuscular Function of the Knee Extensors. Medicine and Science in Sports and Exercise, 2013, 45, 2254-2264.	0.4	165
21	Response inhibition impairs subsequent self-paced endurance performance. European Journal of Applied Physiology, 2014, 114, 1095-1105.	2.5	158
22	Superior Inhibitory Control and Resistance to Mental Fatigue in Professional Road Cyclists. PLoS ONE, 2016, 11, e0159907.	2.5	157
23	GFR Estimation Using Cystatin C Is Not Independent of Body Composition. American Journal of Kidney Diseases, 2006, 48, 712-719.	1.9	151
24	Mental Fatigue Impairs Intermittent Running Performance. Medicine and Science in Sports and Exercise, 2015, 47, 1682-1690.	0.4	151
25	Test Validation in Sport Physiology: Lessons Learned From Clinimetrics. International Journal of Sports Physiology and Performance, 2009, 4, 269-277.	2.3	144
26	Mental fatigue induced by prolonged self-regulation does not exacerbate central fatigue during subsequent whole-body endurance exercise. Frontiers in Human Neuroscience, 2015, 9, 67.	2.0	140
27	Talking Yourself Out of Exhaustion. Medicine and Science in Sports and Exercise, 2014, 46, 998-1007.	0.4	123
28	Transcranial direct current stimulation improves isometric time to exhaustion of the knee extensors. Neuroscience, 2016, 339, 363-375.	2.3	109
29	Comparing the Effects of Three Cognitive Tasks on Indicators of Mental Fatigue. Journal of Psychology: Interdisciplinary and Applied, 2019, 153, 759-783.	1.6	109
30	The Physiology of Mountain Biking. Sports Medicine, 2007, 37, 59-71.	6.5	107
31	Mental Fatigue and Soccer: Current Knowledge and Future Directions. Sports Medicine, 2018, 48, 1525-1532.	6.5	105
32	Bilateral extracephalic transcranial direct current stimulation improves endurance performance in healthy individuals. Brain Stimulation, 2018, 11, 108-117.	1.6	104
33	Dietary treatment of rheumatoid cachexia with Î²-hydroxy-Î²-methylbutyrate, glutamine and arginine: A randomised controlled trial. Clinical Nutrition, 2005, 24, 442-454.	5.0	102
34	Counterpoint: Afferent Feedback From Fatigued Locomotor Muscles Is Not An Important Determinant Of Endurance Exercise Performance. Journal of Applied Physiology, 2010, 108, 454-456.	2.5	101
35	Effect of exerciseâ€induced muscle damage on endurance running performance in humans. Scandinavian Journal of Medicine and Science in Sports, 2007, 17, 662-671.	2.9	95
36	Similar Sensitivity of Time to Exhaustion and Time-Trial Time to Changes in Endurance. Medicine and Science in Sports and Exercise, 2008, 40, 574-578.	0.4	87

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37	Perspectives on resilience for military readiness and preparedness: Report of an international military physiology roundtable. Journal of Science and Medicine in Sport, 2018, 21, 1116-1124.	1.3	85
38	Correlations between physiological variables and performance in high level cross country off road cyclists. British Journal of Sports Medicine, 2005, 39, 747-751.	6.7	79
39	Exercise intensity during off-road cycling competitions. Medicine and Science in Sports and Exercise, 2002, 34, 1808-1813.	0.4	78
40	Cortical substrates of the effects of caffeine and time-on-task on perception of effort. Journal of Applied Physiology, 2014, 117, 1514-1523.	2.5	78
41	Transcranial Direct Current Stimulation over the Left Dorsolateral Prefrontal Cortex Improves Inhibitory Control and Endurance Performance in Healthy Individuals. Neuroscience, 2019, 419, 34-45.	2.3	78
42	Respiratory frequency is strongly associated with perceived exertion during time trials of different duration. Journal of Sports Sciences, 2016, 34, 1199-1206.	2.0	74
43	The effect of transcranial direct current stimulation of the motor cortex on exercise-induced pain. European Journal of Applied Physiology, 2015, 115, 2311-2319.	2.5	72
44	The face of effort: Frowning muscle activity reflects effort during a physical task. Biological Psychology, 2010, 85, 377-382.	2.2	69
45	The effect of knee angle on the external validity of isometric measures of lower body neuromuscular function. Journal of Sports Sciences, 2000, 18, 313-319.	2.0	68
46	Physiological correlates to off-road cycling performance. Journal of Sports Sciences, 2005, 23, 41-47.	2.0	60
47	Can progressive resistance training reverse cachexia in patients with rheumatoid arthritis? Results of a pilot study. Journal of Rheumatology, 2005, 32, 1031-9.	2.0	60
48	Can Doping be a Good Thing? Using Psychoactive Drugs to Facilitate Physical Activity Behaviour. Sports Medicine, 2016, 46, 1-5.	6.5	58
49	A caffeine-maltodextrin mouth rinse counters mental fatigue. Psychopharmacology, 2018, 235, 947-958.	3.1	57
50	Differential control of respiratory frequency and tidal volume during highâ€intensity interval training. Experimental Physiology, 2017, 102, 934-949.	2.0	55
51	Does mental exertion alter maximal muscle activation?. Frontiers in Human Neuroscience, 2014, 8, 755.	2.0	53
52	Preliminary evidence for cachexia in patients with well-established ankylosing spondylitis. Rheumatology, 2006, 45, 1385-1388.	1.9	51
53	Exertional Fatigue in Patients With CKD. American Journal of Kidney Diseases, 2012, 60, 930-939.	1.9	51
54	Bioelectrical impedance can be used to predict muscle mass and hence improve estimation of glomerular filtration rate in non-diabetic patients with chronic kidney disease. Nephrology Dialysis Transplantation, 2006, 21, 3481-3487.	0.7	49

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55	Effect of a Mediterranean type diet on inflammatory and cartilage degradation biomarkers in patients with osteoarthritis. Journal of Nutrition, Health and Aging, 2017, 21, 562-566.	3.3	49
56	Effects of Mental Fatigue on Endurance Performance in the Heat. Medicine and Science in Sports and Exercise, 2017, 49, 1677-1687.	0.4	48
57	The cardinal exercise stopper: Muscle fatigue, muscle pain or perception of effort?. Progress in Brain Research, 2018, 240, 175-200.	1.4	46
58	Development of a Revised Conceptual Framework of Physical Training for Use in Research and Practice. Sports Medicine, 2022, 52, 709-724.	6.5	46
59	Nandrolone Decanoate as Anabolic Therapy in Chronic Kidney Disease: A Randomized Phase II Dose-Finding Study. Nephron Clinical Practice, 2007, 106, c125-c135.	2.3	44
60	Non-conscious visual cues related to affect and action alter perception of effort and endurance performance. Frontiers in Human Neuroscience, 2014, 8, 967.	2.0	44
61	Reliability of an incremental exercise test to evaluate acute blood lactate, heart rate and body temperature responses in Labrador retrievers. Journal of Comparative Physiology B: Biochemical, Systemic, and Environmental Physiology, 2009, 179, 839-845.	1.5	43
62	Are the benefits of a highâ€intensity progressive resistance training program sustained in rheumatoid arthritis patients? A 3â€year followup study. Arthritis Care and Research, 2012, 64, 71-75.	3.4	43
63	Central alterations of neuromuscular function and feedback from group III-IV muscle afferents following exhaustive high-intensity one-leg dynamic exercise. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2015, 308, R1008-R1020.	1.8	42
64	The effect of mental fatigue on critical power during cycling exercise. European Journal of Applied Physiology, 2018, 118, 85-92.	2.5	42
65	Intradialytic exercise as anabolic therapy in haemodialysis patients - a pilot study. Clinical Physiology and Functional Imaging, 2005, 25, 113-118.	1.2	40
66	Response of Electromyographic Variables during Incremental and Fatiguing Cycling. Medicine and Science in Sports and Exercise, 2008, 40, 335-344.	0.4	40
67	The Central Governor Model of Exercise Regulation Teaches Us Precious Little about the Nature of Mental Fatigue and Self-Control Failure. Frontiers in Psychology, 2016, 7, 656.	2.1	38
68	Psychological demands experienced by recreational endurance athletes. International Journal of Sport and Exercise Psychology, 2018, 16, 415-430.	2.1	38
69	High-intensity exercise and carbohydrate-reduced energy-restricted diet in obese individuals. European Journal of Applied Physiology, 2010, 110, 893-903.	2.5	33
70	Effects of isolated locomotor muscle fatigue on pacing and time trial performance. European Journal of Applied Physiology, 2013, 113, 2371-2380.	2.5	33
71	The relationship between estimated glomerular filtration rate, demographic and anthropometric variables is mediated by muscle mass in non-diabetic patients with chronic kidney disease. Nephrology Dialysis Transplantation, 2006, 21, 3488-3494.	0.7	32
72	Mental fatigue impairs visuomotor response time in badminton players and controls. Psychology of Sport and Exercise, 2019, 45, 101579.	2.1	32

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73	Effects of caffeine on neuromuscular fatigue and performance during high-intensity cyclingÂexercise in moderate hypoxia. European Journal of Applied Physiology, 2017, 117, 27-38.	2.5	30
74	A comparison of different methods to analyse data collected during time-to-exhaustion tests. Sport Sciences for Health, 2019, 15, 667-679.	1.3	29
75	Effects of a Motivational Self-Talk Intervention for Endurance Athletes Completing an Ultramarathon. Sport Psychologist, 2018, 32, 42-50.	0.9	28
76	Muscle insulin-like growth factor status, body composition, and functional capacity in hemodialysis patients. , 2004, 14, 248-252.		25
77	Time to reconsider how ventilation is regulated above the respiratory compensation point during incremental exercise. Journal of Applied Physiology, 2020, 128, 1447-1449.	2.5	25
78	Frowning muscle activity and perception of effort during constant-workload cycling. European Journal of Applied Physiology, 2012, 112, 1967-1972.	2.5	24
79	Prediction of time to exhaustion from blood lactate response during submaximal exercise in competitive cyclists. European Journal of Applied Physiology, 2006, 97, 174-180.	2.5	22
80	Psychobiology of Perceived Effort During Physical Tasks. , 2015, , 255-270.		20
81	Muscle insulin-like growth factor status, body composition, and functional capacity in hemodialysis patients. , 2004, 14, 248-252.		19
82	A Pilot Study to Assess the Feasibility of a Submaximal Exercise Test to Measure Individual Response to Cardiac Medication in Dogs with Acquired Heart Failure. Veterinary Research Communications, 2007, 31, 725-737.	1.6	17
83	Validity and reliability of the Siconolfi Step Test for assessment of physical fitness in patients with systemic lupus erythematosus. Arthritis and Rheumatism, 2007, 57, 1007-1011.	6.7	16
84	Is peripheral locomotor muscle fatigue during endurance exercise a variable carefully regulated by a negative feedback system?. Journal of Physiology, 2008, 586, 2027-2028.	2.9	15
85	Effects of caffeine on reaction time are mediated by attentional rather than motor processes. Psychopharmacology, 2018, 235, 749-759.	3.1	15
86	Entia non sunt multiplicanda praeter necessitatem. Journal of Physiology, 2007, 578, 371-371.	2.9	14
87	The sources of self-efficacy in experienced and competitive endurance athletes. International Journal of Sport and Exercise Psychology, 2020, 18, 622-638.	2.1	14
88	Psychobiology of fatigue during endurance exercise. , 2019, , 15-34.		13
89	Subjective thermal strain impairs endurance performance in a temperate environment. Physiology and Behavior, 2019, 202, 36-44.	2.1	12
90	Commentaries on Viewpoint: Fatigue mechanisms determining exercise performance: Integrative physiology is systems physiology. Journal of Applied Physiology, 2008, 104, 1543-1546.	2.5	11

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91	Locomotor Muscle Fatigue Does Not Alter Oxygen Uptake Kinetics during High-Intensity Exercise. Frontiers in Physiology, 2016, 7, 463.	2.8	11
92	Role of feedback from Group III and IV muscle afferents in perception of effort, muscle pain, and discomfort. Journal of Applied Physiology, 2011, 110, 1499-1499.	2.5	10
93	A Randomized Controlled Trial of Brain Endurance Training (BET) to Reduce Fatigue During Endurance Exercise. Medicine and Science in Sports and Exercise, 2015, 47, 198.	0.4	10
94	The Effects of Mental Fatigue on Sport Performance. , 2021, , 134-148.		10
95	Reliability of a Novel High Intensity One Leg Dynamic Exercise Protocol to Measure Muscle Endurance. PLoS ONE, 2016, 11, e0163979.	2.5	10
96	Comments on Point:Counterpoint: Maximal oxygen uptake is/is not limited by a central nervous system governor. Journal of Applied Physiology, 2009, 106, 343-346.	2.5	9
97	The parabolic powerâ€“velocity relationship does not apply to fatigued states. European Journal of Applied Physiology, 2010, 109, 787-788.	2.5	9
98	Ischemic preconditioning of the muscle reduces the metaboreflex response of the knee extensors. European Journal of Applied Physiology, 2022, 122, 141-155.	2.5	9
99	Improved Sprint Performance With Inhaled Long-Acting Î²2-Agonists Combined With Resistance Exercise. International Journal of Sports Physiology and Performance, 2019, 14, 1344-1349.	2.3	8
100	Commentaries on Viewpoint: Current evidence does not support an anticipatory regulation of exercise intensity mediated by rate of body heat storage. Journal of Applied Physiology, 2009, 107, 632-634.	2.5	7
101	Malnutrition, chronic inflammation and atherosclerosis in dialysis patients. Nephrology Dialysis Transplantation, 2003, 18, 446-446.	0.7	6
102	Last Word on Point:Counterpoint: Afferent feedback from fatigued locomotor muscles is not an important determinant of endurance exercise performance. Journal of Applied Physiology, 2010, 108, 470-470.	2.5	6
103	Development and initial validation of the Endurance Sport Self-Efficacy Scale (ESSES). Psychology of Sport and Exercise, 2018, 38, 176-183.	2.1	6
104	Last Word on Viewpoint: Perception of effort during exercise is independent of afferent feedback from skeletal muscles, heart, and lungs. Journal of Applied Physiology, 2009, 106, 2067-2067.	2.5	5
105	Commentaries on Viewpoint: Evidence that reduced skeletal muscle recruitment explains the lactate paradox during exercise at high altitude. Journal of Applied Physiology, 2009, 106, 739-744.	2.5	5
106	No functional reserve at exhaustion in endurance-trained men?. Journal of Applied Physiology, 2016, 120, 476-476.	2.5	5
107	The Effect of Anodal Transcranial Direct Current Stimulation Over Left and Right Temporal Cortex on the Cardiovascular Response: A Comparative Study. Frontiers in Physiology, 2018, 9, 1822.	2.8	5
108	Physical and Mental Fatigue Reduce Psychomotor Vigilance in Professional Football Players. International Journal of Sports Physiology and Performance, 2022, 17, 1391-1398.	2.3	5

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109	Probable adverse effects of long term use of somatostatin analogues in patients with RA. Annals of the Rheumatic Diseases, 2002, 61, 1117-1117.	0.9	4
110	Last Word on Viewpoint: Time to reconsider how ventilation is regulated above the respiratory compensation point during incremental exercise. Journal of Applied Physiology, 2020, 128, 1456-1456.	2.5	4
111	â€œShort and Sweetâ€: A Randomized Controlled Initial Investigation of Brief Online Psychological Interventions With Endurance Athletes. Sport Psychologist, 2022, 36, 20-28.	0.9	4
112	Muscle IGF-I levels in hemodialysis patients. Kidney International, 2005, 68, 2912.	5.2	3
113	Reply to: What limits exercise during high-intensity aerobic exercise?. European Journal of Applied Physiology, 2010, 110, 663-664.	2.5	3
114	Reply to: The parabolic powerâ€“velocity relationship does apply to fatigued states. European Journal of Applied Physiology, 2011, 111, 731-732.	2.5	3
115	EEG-based brain connectivity analysis of states of unawareness. , 2014, 2014, 1002-5.		3
116	Validity, Reliability, and Diagnostic Accuracy of Ratings of Perceived Exertion to Identify Dependence in Performing Self-care Activities in Older Women. Experimental Aging Research, 2018, 44, 397-410.	1.2	3
117	Impact of 4-week Brain Endurance Training (BET) on Cognitive and Physical Performance in Professional Football Players. Medicine and Science in Sports and Exercise, 2019, 51, 964-964.	0.4	3
118	Towards Standardized Instructions For Measuring Perception Of Effort And Muscle Pain During Physical Exercise. Medicine and Science in Sports and Exercise, 2020, 52, 499-499.	0.4	3
119	The effect of mental fatigue on half-marathon performance: a pragmatic trial. Sport Sciences for Health, 2021, 17, 807-816.	1.3	3
120	Commentaries on Viewpoint: Precedence and autocracy in breathing control. Journal of Applied Physiology, 2015, 118, 1557-1559.	2.5	2
121	Does A Mentally Demanding Cognitive Task Influence Motor Reaction Time?. Medicine and Science in Sports and Exercise, 2017, 49, 672.	0.4	1
122	The Effect of a Competitive Futsal Match on Psychomotor Vigilance in Referees. International Journal of Sports Physiology and Performance, 2020, 15, 1297-1302.	2.3	1
123	RE: LUTEINIZING HORMONE-RELEASING HORMONE AGONIST EFFECTS ON SKELETAL MUSCLE: HOW HORMONAL THERAPY IN PROSTATE CANCER AFFECTS MUSCULAR STRENGTH. Journal of Urology, 2005, 174, 2068-2069.	0.4	0
124	Neural Correlates of Effort during Exercise. Medicine and Science in Sports and Exercise, 2010, 42, 45.	0.4	0
125	On the Importance of Testing Time Delay to Assess Central Fatigue Induced by Endurance Exercise. Medicine and Science in Sports and Exercise, 2014, 46, 6.	0.4	0
126	Neural Correlates of Perception of Effort. Medicine and Science in Sports and Exercise, 2014, 46, 601.	0.4	0

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127	Stimulation of Muscle Afferents During Muscle Contraction Does Not Impact Perception of Effort. Medicine and Science in Sports and Exercise, 2015, 47, 584.	0.4	0
128	The efficacy of a Mediterranean type diet on symptoms of osteoarthritis â€“ a pilot study. Proceedings of the Nutrition Society, 2015, 74, .	1.0	0
129	Does Mental Fatigue Alter Core And Skin Temperature In The Heat?. Medicine and Science in Sports and Exercise, 2016, 48, 123.	0.4	0
130	Brain adenosine and endurance performance. Journal of Science and Medicine in Sport, 2017, 20, S54.	1.3	0
131	Preface. Progress in Brain Research, 2018, 240, xxi-xxii.	1.4	0
132	Training Level Does Not Affect The Negative Effect Of Mental Fatigue On Visuomotor Performance.. Medicine and Science in Sports and Exercise, 2019, 51, 637-637.	0.4	0
133	Combined reply to comments on: Van Cutsem, J., Roelands, B., De Pauw, K., Meeusen, R., & Marcora, S. (2019). Subjective thermal strain impairs endurance performance in a temperate environment. Physiology & Behavior, 202, 36â€“44.. Physiology and Behavior, 2020, 221, 112880.	2.1	0
134	What Can Exercise Physiology Teach Us About the Nature of Mental Fatigue and Self-Control Failure: Commentary on Evans, Boggero, & Segerstrom, 2015. SSRN Electronic Journal, 0, , .	0.4	0
135	An introduction to Endurance Performance in Sport: Psychological Theory and Interventions. , 2019, , 1-11.		0
136	44-LB: Training Load and Time-in-Range Affect Sleep Time of Professional Cyclists with Type 1 Diabetes. Diabetes, 2020, 69, .	0.6	0