

Ricardo Mora-Custodio

List of Publications by Year in descending order

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Version: 2024-02-01

21
papers

1,208
citations

516215

16
h-index

713013

21
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all docs

21
docs citations

21
times ranked

883
citing authors

#	ARTICLE	IF	CITATIONS
1	Changes in Muscle Strength, Jump, and Sprint Performance in Young Elite Basketball Players: The Impact of Combined High-Speed Resistance Training and Plyometrics. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 478-485.	1.0	12
2	Linear programming produces greater, earlier and uninterrupted neuromuscular and functional adaptations than daily-undulating programming after velocity-based resistance training. <i>Physiology and Behavior</i> , 2021, 233, 113337.	1.0	16
3	Effect of velocity loss during squat training on neuromuscular performance. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 1621-1635.	1.3	29
4	Time Course of Recovery From Resistance Exercise With Different Set Configurations. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2867-2876.	1.0	50
5	Relationship Between Velocity Loss and Repetitions in Reserve in the Bench Press and Back Squat Exercises. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2537-2547.	1.0	69
6	Velocity-based resistance training: impact of velocity loss in the set on neuromuscular performance and hormonal response. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 817-828.	0.9	40
7	Effects of Unloaded Sprint and Heavy Sled Training on Sprint Performance in Physically Active Women. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 1356-1362.	1.1	6
8	Effects of Resistance Training and Combined Training Program on Repeated Sprint Ability in Futsal Players. <i>International Journal of Sports Medicine</i> , 2018, 39, 517-526.	0.8	16
9	Effort Index as a Novel Variable for Monitoring the Level of Effort During Resistance Exercises. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2139-2153.	1.0	32
10	Effect of different inter-repetition rest intervals across four load intensities on velocity loss and blood lactate concentration during full squat exercise. <i>Journal of Sports Sciences</i> , 2018, 36, 2856-2864.	1.0	25
11	Effects of velocity loss during resistance training on athletic performance, strength gains and muscle adaptations. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 724-735.	1.3	290
12	Traditional vs. Sport-Specific Vertical Jump Tests: Reliability, Validity, and Relationship With the Legs Strength and Sprint Performance in Adult and Teen Soccer and Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 196-206.	1.0	122
13	Acute and delayed response to resistance exercise leading or not leading to muscle failure. <i>Clinical Physiology and Functional Imaging</i> , 2017, 37, 630-639.	0.5	77
14	Velocity Loss as a Variable for Monitoring Resistance Exercise. <i>International Journal of Sports Medicine</i> , 2017, 38, 217-225.	0.8	119
15	Movement Velocity as Indicator of Relative Intensity and Level of Effort Attained During the Set in Pull-Up Exercise. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1378-1384.	1.1	57
16	Effect of High-Speed Strength Training on Physical Performance in Young Soccer Players of Different Ages. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2498-2508.	1.0	29
17	Relationships Between Sprint, Jumping and Strength Abilities, and 800 M Performance in Male Athletes of National and International Levels. <i>Journal of Human Kinetics</i> , 2017, 58, 187-195.	0.7	23
18	Effects of 6 Weeks Resistance Training Combined With Plyometric and Speed Exercises on Physical Performance of Pre-Peak-Height-Velocity Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 240-246.	1.1	44

#	ARTICLE	IF	CITATIONS
19	Short-term Recovery Following Resistance Exercise Leading or not to Failure. International Journal of Sports Medicine, 2016, 37, 295-304.	0.8	77
20	Effect of Low- vs. Moderate-Load Squat Training on Strength, Jump and Sprint Performance in Physically Active Women. International Journal of Sports Medicine, 2016, 37, 476-482.	0.8	10
21	Effects of Combined Resistance Training and Plyometrics on Physical Performance in Young Soccer Players. International Journal of Sports Medicine, 2015, 36, 906-914.	0.8	65