

Alejandro Lucia

List of Publications by Citations

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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.

598
papers

19,308
citations

66
h-index

113
g-index

639
ext. papers

23,588
ext. citations

5.2
avg. IF

6.86
L-index

#	Paper	IF	Citations
598	American College of Sports Medicine roundtable on exercise guidelines for cancer survivors. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 1409-26	1.2	1778
597	Chronic inflammation in the etiology of disease across the life span. <i>Nature Medicine</i> , 2019 , 25, 1822-1832	30.5	830
596	Epidemiology of coronary heart disease and acute coronary syndrome. <i>Annals of Translational Medicine</i> , 2016 , 4, 256	3.2	523
595	Exercise is the real polypill. <i>Physiology</i> , 2013 , 28, 330-58	9.8	323
594	Effects and moderators of exercise on quality of life and physical function in patients with cancer: An individual patient data meta-analysis of 34 RCTs. <i>Cancer Treatment Reviews</i> , 2017 , 52, 91-104	14.4	272
593	Exercise benefits in cardiovascular disease: beyond attenuation of traditional risk factors. <i>Nature Reviews Cardiology</i> , 2018 , 15, 731-743	14.8	232
592	Saliva composition and exercise. <i>Sports Medicine</i> , 1998 , 26, 17-27	10.6	218
591	A conceptual framework for performance diagnosis and training prescription from submaximal gas exchange parameters--theory and application 2005 , 26 Suppl 1, S38-48		208
590	Actigraph GT3X: validation and determination of physical activity intensity cut points. <i>International Journal of Sports Medicine</i> , 2013 , 34, 975-82	3.6	202
589	Cancer-related fatigue: can exercise physiology assist oncologists?. <i>Lancet Oncology, The</i> , 2003 , 4, 616-25	11.7	185
588	Exercise attenuates the major hallmarks of aging. <i>Rejuvenation Research</i> , 2015 , 18, 57-89	2.6	181
587	Heart rate and performance parameters in elite cyclists: a longitudinal study. <i>Medicine and Science in Sports and Exercise</i> , 2000 , 32, 1777-82	1.2	172
586	Healthspan and lifespan extension by fecal microbiota transplantation into progeroid mice. <i>Nature Medicine</i> , 2019 , 25, 1234-1242	50.5	164
585	Effect of Exercise Intervention on Functional Decline in Very Elderly Patients During Acute Hospitalization: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , 2019 , 179, 28-36	11.5	156
584	How do endurance runners actually train? Relationship with competition performance. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 496-504	1.2	147
583	Tour de France versus Vuelta a España: which is harder?. <i>Medicine and Science in Sports and Exercise</i> , 2003 , 35, 872-8	1.2	139
582	Physiology of professional road cycling. <i>Sports Medicine</i> , 2001 , 31, 325-37	10.6	139

581	Effects of an intrahospital exercise program intervention for children with leukemia. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 13-21	1.2	131
580	Physiological characteristics of the best Eritrean runners-exceptional running economy. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006 , 31, 530-40	3	129
579	Genes for elite power and sprint performance: ACTN3 leads the way. <i>Sports Medicine</i> , 2013 , 43, 803-17	10.6	125
578	Combined aerobic and resistance training in breast cancer survivors: A randomized, controlled pilot trial. <i>International Journal of Sports Medicine</i> , 2006 , 27, 573-80	3.6	121
577	Running economy : the forgotten factor in elite performance. <i>Sports Medicine</i> , 2007 , 37, 316-9	10.6	121
576	Preferred pedalling cadence in professional cycling. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 1361-6	1.2	118
575	Exercise training is beneficial for Alzheimer's patients. <i>International Journal of Sports Medicine</i> , 2008 , 29, 845-50	3.6	117
574	Is physical fitness decreased in survivors of childhood leukemia? A systematic review. <i>Leukemia</i> , 2005 , 19, 13-7	10.7	114
573	Physiological differences between professional and elite road cyclists. <i>International Journal of Sports Medicine</i> , 1998 , 19, 342-8	3.6	113
572	Technical variability of the GT3X accelerometer. <i>Medical Engineering and Physics</i> , 2012 , 34, 787-90	2.4	112
571	Non-steroidal anti-inflammatory drugs as a treatment for Alzheimer's disease: a systematic review and meta-analysis of treatment effect. <i>Drugs and Aging</i> , 2015 , 32, 139-47	4.7	105
570	McArdle disease: what do neurologists need to know?. <i>Nature Clinical Practice Neurology</i> , 2008 , 4, 568-77		104
569	Elite athletes live longer than the general population: a meta-analysis. <i>Mayo Clinic Proceedings</i> , 2014 , 89, 1195-200	6.4	102
568	Short-term, light- to moderate-intensity exercise training improves leg muscle strength in the oldest old: a randomized controlled trial. <i>Journal of the American Geriatrics Society</i> , 2011 , 59, 594-602	5.6	102
567	Exercise during pregnancy and gestational diabetes-related adverse effects: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2013 , 47, 630-6	10.3	100
566	Impact of training intensity distribution on performance in endurance athletes. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 943-9	3.2	99
565	Supervised exercise-based intervention to prevent excessive gestational weight gain: a randomized controlled trial. <i>Mayo Clinic Proceedings</i> , 2013 , 88, 1388-97	6.4	96
564	Reproductive function in male endurance athletes: sperm analysis and hormonal profile. <i>Journal of Applied Physiology</i> , 1996 , 81, 2627-36	3.7	96

563	Exercise in adult and pediatric hematological cancer survivors: an intervention review. <i>Leukemia</i> , 2010 , 24, 1113-20	10.7	95
562	Analysis of the aerobic-anaerobic transition in elite cyclists during incremental exercise with the use of electromyography. <i>British Journal of Sports Medicine</i> , 1999 , 33, 178-85	10.3	93
561	'Adipaging': ageing and obesity share biological hallmarks related to a dysfunctional adipose tissue. <i>Journal of Physiology</i> , 2016 , 594, 3187-207	3.9	93
560	PPARGC1A genotype (Gly482Ser) predicts exceptional endurance capacity in European men. <i>Journal of Applied Physiology</i> , 2005 , 99, 344-8	3.7	92
559	Benefits of intrahospital exercise training after pediatric bone marrow transplantation. <i>International Journal of Sports Medicine</i> , 2008 , 29, 439-46	3.6	91
558	Larvicidal effect of Eucalyptus grandis essential oil and turpentine and their major components on Aedes aegypti larvae. <i>Journal of the American Mosquito Control Association</i> , 2007 , 23, 299-303	0.9	91
557	Genotypic and phenotypic features of McArdle disease: insights from the Spanish national registry. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2012 , 83, 322-8	5.5	90
556	Resistance exercise training during pregnancy and newborn's birth size: a randomised controlled trial. <i>International Journal of Obesity</i> , 2009 , 33, 1048-57	5.5	90
555	The importance of physical fitness in the performance of adequate cardiopulmonary resuscitation. <i>Chest</i> , 1999 , 115, 158-64	5.3	89
554	Is there an optimum endurance polygenic profile?. <i>Journal of Physiology</i> , 2009 , 587, 1527-34	3.9	88
553	A Path Toward Precision Medicine for Neuroinflammatory Mechanisms in Alzheimer's Disease. <i>Frontiers in Immunology</i> , 2020 , 11, 456	8.4	87
552	Exercise and the Hallmarks of Cancer. <i>Trends in Cancer</i> , 2017 , 3, 423-441	12.5	82
551	Exercise during hematopoietic stem cell transplant hospitalization in children. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 1045-53	1.2	82
550	Direct-to-consumer genetic testing for predicting sports performance and talent identification: Consensus statement. <i>British Journal of Sports Medicine</i> , 2015 , 49, 1486-91	10.3	81
549	Large-scale GWAS identifies multiple loci for hand grip strength providing biological insights into muscular fitness. <i>Nature Communications</i> , 2017 , 8, 16015	17.4	80
548	ACTN3 genotype in professional soccer players. <i>British Journal of Sports Medicine</i> , 2008 , 42, 71-3	10.3	78
547	Pattern of developing the performance template. <i>British Journal of Sports Medicine</i> , 2009 , 43, 765-9	10.3	76
546	Genes and elite athletes: a roadmap for future research. <i>Journal of Physiology</i> , 2011 , 589, 3063-70	3.9	75

545	Hormone levels of world class cyclists during the Tour of Spain stage race. <i>British Journal of Sports Medicine</i> , 2001 , 35, 424-30	10.3	74
544	No Evidence of a Common DNA Variant Profile Specific to World Class Endurance Athletes. <i>PLoS ONE</i> , 2016 , 11, e0147330	3.7	74
543	Functional capacity of children with leukemia. <i>International Journal of Sports Medicine</i> , 2008 , 29, 163-7	3.6	71
542	Independent and combined influence of the components of physical fitness on academic performance in youth. <i>Journal of Pediatrics</i> , 2014 , 165, 306-312.e2	3.6	70
541	Can we identify a power-oriented polygenic profile?. <i>Journal of Applied Physiology</i> , 2010 , 108, 561-6	3.7	70
540	ACTN3 genotype in professional endurance cyclists. <i>International Journal of Sports Medicine</i> , 2006 , 27, 880-4	3.6	70
539	The two-hour marathon: who and when?. <i>Journal of Applied Physiology</i> , 2011 , 110, 275-7	3.7	69
538	Favorable responses to acute and chronic exercise in McArdle patients. <i>Clinical Journal of Sport Medicine</i> , 2007 , 17, 297-303	3.2	68
537	Physical Activity and Alzheimer Disease: A Protective Association. <i>Mayo Clinic Proceedings</i> , 2016 , 91, 999-1000	10.20	68
536	Athlome Project Consortium: a concerted effort to discover genomic and other "omic" markers of athletic performance. <i>Physiological Genomics</i> , 2016 , 48, 183-90	3.6	67
535	Validity and reliability of the Cosmed K2 instrument. <i>International Journal of Sports Medicine</i> , 1993 , 14, 380-6	3.6	67
534	Genomics of elite sporting performance: what little we know and necessary advances. <i>British Journal of Sports Medicine</i> , 2013 , 47, 550-5	10.3	66
533	ACTN3 R577X and ACE I/D gene variants influence performance in elite sprinters: a multi-cohort study. <i>BMC Genomics</i> , 2016 , 17, 285	4.5	66
532	Heart Rate Response to Professional Road Cycling: The Tour de France. <i>International Journal of Sports Medicine</i> , 2007 , 20, 167-172	3.6	65
531	Does exercise training during pregnancy affect gestational age? A randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2008 , 42, 674-8	10.3	64
530	In professional road cyclists, low pedaling cadences are less efficient. <i>Medicine and Science in Sports and Exercise</i> , 2004 , 36, 1048-54	1.2	64
529	Genes and the ageing muscle: a review on genetic association studies. <i>Age</i> , 2013 , 35, 207-33		62
528	Frequency of the VO2max plateau phenomenon in world-class cyclists. <i>International Journal of Sports Medicine</i> , 2006 , 27, 984-92	3.6	61

527	Physical activity during treatment in children with leukemia: a pilot study. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006 , 31, 407-13	3	60
526	Serum irisin levels, precocious myocardial infarction, and healthy exceptional longevity. <i>American Journal of Medicine</i> , 2014 , 127, 888-90	2.4	59
525	The mitochondrial-derived peptide MOTS-c: a player in exceptional longevity?. <i>Aging Cell</i> , 2015 , 14, 921-30	3.9	59
524	The ACTN3 R577X polymorphism across three groups of elite male European athletes. <i>PLoS ONE</i> , 2012 , 7, e43132	3.7	59
523	Early-phase adaptations to intrahospital training in strength and functional mobility of children with leukemia. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 173-7	3.2	59
522	ApoE gene and exceptional longevity: Insights from three independent cohorts. <i>Experimental Gerontology</i> , 2014 , 53, 16-23	4.5	57
521	Benefits of aerobic or resistance training during pregnancy on maternal health and perinatal outcomes: A systematic review. <i>Early Human Development</i> , 2016 , 94, 43-8	2.2	56
520	Frequency of the C34T mutation of the AMPD1 gene in world-class endurance athletes: does this mutation impair performance?. <i>Journal of Applied Physiology</i> , 2005 , 98, 2108-12	3.7	56
519	Influence of sex and level on marathon pacing strategy. Insights from the New York City race. <i>International Journal of Sports Medicine</i> , 2014 , 35, 933-8	3.6	55
518	Which laboratory variable is related with time trial performance time in the Tour de France?. <i>British Journal of Sports Medicine</i> , 2004 , 38, 636-40	10.3	55
517	Inverse relationship between VO ₂ max and economy/efficiency in world-class cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 2079-84	1.2	55
516	Type of delivery is not affected by light resistance and toning exercise training during pregnancy: a randomized controlled trial. <i>American Journal of Obstetrics and Gynecology</i> , 2009 , 201, 590.e1-6	6.4	54
515	Heart rate response to professional road cycling: the Tour de France. <i>International Journal of Sports Medicine</i> , 1999 , 20, 167-72	3.6	54
514	Regulation of energy expenditure during prolonged athletic competition. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 670-5	1.2	54
513	The slow component of VO ₂ in professional cyclists. <i>British Journal of Sports Medicine</i> , 2000 , 34, 367-74	10.3	54
512	Exercise during pregnancy. A narrative review asking: what do we know?. <i>British Journal of Sports Medicine</i> , 2015 , 49, 1377-81	10.3	53
511	Exercise benefits on Alzheimer's disease: State-of-the-science. <i>Ageing Research Reviews</i> , 2020 , 62, 101108	10.3	53
510	Metabolic and neuromuscular adaptations to endurance training in professional cyclists: a longitudinal study. <i>The Japanese Journal of Physiology</i> , 2000 , 50, 381-8		53

509	World-class performance in lightweight rowing: is it genetically influenced? A comparison with cyclists, runners and non-athletes. <i>British Journal of Sports Medicine</i> , 2010 , 44, 898-901	10.3	52
508	Effect of warm-up on cycle time trial performance. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 1608-14	1.2	51
507	Physiological response to professional road cycling: climbers vs. time trialists. <i>International Journal of Sports Medicine</i> , 2000 , 21, 505-12	3.6	51
506	Benefits of skeletal-muscle exercise training in pulmonary arterial hypertension: The WHOLEi+12 trial. <i>International Journal of Cardiology</i> , 2017 , 231, 277-283	3.2	50
505	Aerobic fitness is associated with lower risk of hospitalization in children with cystic fibrosis. <i>Pediatric Pulmonology</i> , 2014 , 49, 641-9	3.5	50
504	McArdle Disease: Update of Reported Mutations and Polymorphisms in the PYGM Gene. <i>Human Mutation</i> , 2015 , 36, 669-78	4.7	50
503	Short-term effects of marathon running: no evidence of cardiac dysfunction. <i>Medicine and Science in Sports and Exercise</i> , 1999 , 31, 1414-21	1.2	50
502	Targeting Exercise Interventions to Patients With Cancer in Need: An Individual Patient Data Meta-Analysis. <i>Journal of the National Cancer Institute</i> , 2018 , 110, 1190-1200	9.7	50
501	Trace elements and electrolytes in human resting mixed saliva after exercise. <i>British Journal of Sports Medicine</i> , 1999 , 33, 204-7	10.3	49
500	Atrial fibrillation in highly trained endurance athletes - Description of a syndrome. <i>International Journal of Cardiology</i> , 2017 , 226, 11-20	3.2	48
499	Exercise training and cytokines in breast cancer survivors. <i>International Journal of Sports Medicine</i> , 2011 , 32, 461-7	3.6	48
498	Physical inactivity and low fitness deserve more attention to alter cancer risk and prognosis. <i>Cancer Prevention Research</i> , 2015 , 8, 105-10	3.2	47
497	Mobilisation of mesenchymal cells into blood in response to skeletal muscle injury. <i>British Journal of Sports Medicine</i> , 2006 , 40, 719-22	10.3	47
496	Breathing pattern in highly competitive cyclists during incremental exercise. <i>European Journal of Applied Physiology</i> , 1999 , 79, 512-21	3.4	47
495	Sensitivity of <i>Aedes aegypti</i> adults (Diptera: Culicidae) to the vapors of Eucalyptus essential oils. <i>Bioresource Technology</i> , 2009 , 100, 6083-7	11	46
494	Safety and Effectiveness of Long-Term Exercise Interventions in Older Adults: A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , 2020 , 50, 1095-1106	10.6	46
493	Physical Exercise in the Oldest Old. <i>Comprehensive Physiology</i> , 2019 , 9, 1281-1304	7.7	45
492	Does the polygenic profile determine the potential for becoming a world-class athlete? Insights from the sport of rowing. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20, e188-94	4.6	45

491	Physical activity and pediatric cancer survivorship. <i>Recent Results in Cancer Research</i> , 2011 , 186, 319-47	1.5	45
490	Effects of transcutaneous short-term electrical stimulation on M. vastus lateralis characteristics of healthy young men. <i>Pflugers Archiv European Journal of Physiology</i> , 2002 , 443, 866-74	4.6	45
489	Immunolabelling, histochemistry and in situ hybridisation in human skeletal muscle fibres to detect myosin heavy chain expression at the protein and mRNA level. <i>Journal of Anatomy</i> , 2001 , 199, 329-37	2.9	45
488	Yield, chemical composition, and bioactivity of essential oils from 12 species of Eucalyptus on <i>Aedes aegypti</i> larvae. <i>Entomologia Experimentalis Et Applicata</i> , 2008 , 129, 107-114	2.1	44
487	Exercise as a Polypill for Chronic Diseases. <i>Progress in Molecular Biology and Translational Science</i> , 2015 , 135, 497-526	4	43
486	Effects and moderators of exercise on muscle strength, muscle function and aerobic fitness in patients with cancer: a meta-analysis of individual patient data. <i>British Journal of Sports Medicine</i> , 2019 , 53, 812	10.3	43
485	Exercise training in childhood cancer: A systematic review and meta-analysis of randomized controlled trials. <i>Cancer Treatment Reviews</i> , 2018 , 70, 154-167	14.4	43
484	Exercise Intervention in Pediatric Patients with Solid Tumors: The Physical Activity in Pediatric Cancer Trial. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 223-230	1.2	42
483	Convergent validation of a questionnaire to assess the mode and frequency of commuting to and from school. <i>Scandinavian Journal of Public Health</i> , 2017 , 45, 612-620	3	42
482	Intrahospital weight and aerobic training in children with cystic fibrosis: a randomized controlled trial. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 2-11	1.2	42
481	Eucalyptus essential oil toxicity against permethrin-resistant <i>Pediculus humanus capitis</i> (Phthiraptera: Pediculidae). <i>Parasitology Research</i> , 2010 , 106, 409-14	2.4	42
480	VO2max during successive maximal efforts. <i>European Journal of Applied Physiology</i> , 2007 , 102, 67-72	3.4	42
479	Is there an association between ACE and CKMM polymorphisms and cycling performance status during 3-week races?. <i>International Journal of Sports Medicine</i> , 2005 , 26, 442-7	3.6	42
478	The K153R polymorphism in the myostatin gene and muscle power phenotypes in young, non-athletic men. <i>PLoS ONE</i> , 2011 , 6, e16323	3.7	41
477	A proposed molecular diagnostic flowchart for myophosphorylase deficiency (McArdle disease) in blood samples from Spanish patients. <i>Human Mutation</i> , 2007 , 28, 203-4	4.7	41
476	Validation of models to estimate the fumigant and larvicidal activity of Eucalyptus essential oils against <i>Aedes aegypti</i> (Diptera: Culicidae). <i>Parasitology Research</i> , 2012 , 110, 1675-86	2.4	40
475	Mitochondrial biogenesis related endurance genotype score and sports performance in athletes. <i>Mitochondrion</i> , 2011 , 11, 64-9	4.9	40
474	The -786 T/C polymorphism of the NOS3 gene is associated with elite performance in power sports. <i>European Journal of Applied Physiology</i> , 2009 , 107, 565-9	3.4	40

473	Intermonitor variability of GT3X accelerometer. <i>International Journal of Sports Medicine</i> , 2012 , 33, 994-9	3.6	40
472	Benefits of exercise training in Spanish prison inmates. <i>International Journal of Sports Medicine</i> , 2007 , 28, 1046-52	3.6	40
471	Changes in blood volume and oxygenation level in a working muscle during a crank cycle. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 529	1.2	40
470	Physical function and quality of life in patients with chronic GvHD: a summary of preclinical and clinical studies and a call for exercise intervention trials in patients. <i>Bone Marrow Transplantation</i> , 2016 , 51, 13-26	4.4	39
469	Endurance performance: genes or gene combinations?. <i>International Journal of Sports Medicine</i> , 2009 , 30, 66-72	3.6	39
468	Relation between physical exertion and heart rate variability characteristics in professional cyclists during the Tour of Spain. <i>British Journal of Sports Medicine</i> , 2004 , 38, 568-75	10.3	39
467	The Tour de France: a physiological review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2003 , 13, 275-83	4.6	39
466	The ApoE gene is related with exceptional longevity: a systematic review and meta-analysis. <i>Rejuvenation Research</i> , 2015 , 18, 3-13	2.6	38
465	'Smoking genes': a genetic association study. <i>PLoS ONE</i> , 2011 , 6, e26668	3.7	38
464	Does resistance training improve the functional capacity and well being of very young anorexic patients? A randomized controlled trial. <i>Journal of Adolescent Health</i> , 2010 , 46, 352-8	5.8	38
463	Knock-in mice for the R50X mutation in the PYGM gene present with McArdle disease. <i>Brain</i> , 2012 , 135, 2048-57	11.2	38
462	Interspecific hybridization of Eucalyptus as a potential tool to improve the bioactivity of essential oils against permethrin-resistant head lice from Argentina. <i>Bioresource Technology</i> , 2008 , 99, 7341-7	11	38
461	Benefits of combining inspiratory muscle with 'whole muscle' training in children with cystic fibrosis: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2014 , 48, 1513-7	10.3	37
460	Objective assessment of sedentary time and physical activity throughout the week in adolescents with Down syndrome. The UP&DOWN study. <i>Research in Developmental Disabilities</i> , 2014 , 35, 482-9	2.7	37
459	ACTN3 R577X polymorphism does not influence explosive leg muscle power in elite volleyball players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2011 , 21, e34-41	4.6	37
458	Effectiveness of pyriproxyfen and diflubenzuron formulations as larvicides against <i>Aedes aegypti</i> . <i>Journal of the American Mosquito Control Association</i> , 2008 , 24, 398-403	0.9	37
457	Novel polymeric micelles for insect pest control: encapsulation of essential oil monoterpenes inside a triblock copolymer shell for head lice control. <i>PeerJ</i> , 2017 , 5, e3171	3.1	36
456	Genomics of elite sporting performance: what little we know and necessary advances. <i>Advances in Genetics</i> , 2013 , 84, 123-49	3.3	36

455	Kinetics of VO(2) in professional cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 320-5	1.2	36
454	Advances in Exercise, Fitness, and Performance Genomics in 2015. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 1906-16	1.2	36
453	Can enhanced autophagy be associated with human longevity? Serum levels of the autophagy biomarker beclin-1 are increased in healthy centenarians. <i>Rejuvenation Research</i> , 2014 , 17, 518-24	2.6	35
452	Effects of inspiratory muscle training on exercise capacity and spontaneous physical activity in elderly subjects: a randomized controlled pilot trial. <i>International Journal of Sports Medicine</i> , 2007 , 28, 1025-9	3.6	35
451	Effects of a commercial herbal-based formula on exercise performance in cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2004 , 36, 504-9	1.2	35
450	Effects of endurance training on the isocapnic buffering and hypocapnic hyperventilation phases in professional cyclists. <i>British Journal of Sports Medicine</i> , 2000 , 34, 450-5	10.3	35
449	Effects of muscle electrical stimulation on peak VO2 in cardiac transplant patients. <i>International Journal of Sports Medicine</i> , 1998 , 19, 317-22	3.6	35
448	How do humans control physiological strain during strenuous endurance exercise?. <i>PLoS ONE</i> , 2008 , 3, e2943	3.7	35
447	Insecticidal activity of essential oils from eleven Eucalyptus spp. and two hybrids: lethal and sublethal effects of their major components on <i>Blattella germanica</i> . <i>Journal of Economic Entomology</i> , 2011 , 104, 595-600	2.2	34
446	Genotype modulators of clinical severity in McArdle disease. <i>Neuroscience Letters</i> , 2007 , 422, 217-22	3.3	34
445	More than a 'speed gene': ACTN3 R577X genotype, trainability, muscle damage, and the risk for injuries. <i>European Journal of Applied Physiology</i> , 2019 , 119, 49-60	3.4	34
444	Genotypic and phenotypic features of all Spanish patients with McArdle disease: a 2016 update. <i>BMC Genomics</i> , 2017 , 18, 819	4.5	33
443	ACTN3 R577X polymorphism and team-sport performance: a study involving three European cohorts. <i>Journal of Science and Medicine in Sport</i> , 2014 , 17, 102-6	4.4	33
442	The response of sexual and stress hormones of male pro-cyclists during continuous intense competition. <i>International Journal of Sports Medicine</i> , 2002 , 23, 555-60	3.6	33
441	Lifestyle interventions for the prevention and treatment of hypertension. <i>Nature Reviews Cardiology</i> , 2021 , 18, 251-275	14.8	33
440	Aerobic and strength training in concomitant metabolic syndrome and type 2 diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 1293-301	1.2	32
439	Using modeling to understand how athletes in different disciplines solve the same problem: swimming versus running versus speed skating. <i>International Journal of Sports Physiology and Performance</i> , 2011 , 6, 276-80	3.5	32
438	Genotype distributions in top-level soccer players: a role for ACE?. <i>International Journal of Sports Medicine</i> , 2009 , 30, 387-92	3.6	32

437	The C allele of the AGT Met235Thr polymorphism is associated with power sports performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009 , 34, 1108-11	3	32
436	Methodological considerations to determine the effect of exercise on brain-derived neurotrophic factor levels. <i>Clinical Biochemistry</i> , 2015 , 48, 162-6	3.5	31
435	Can we predict top-level sports performance in power vs endurance events? A genetic approach. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2011 , 21, 570-9	4.6	31
434	Anaerobic threshold determination with analysis of salivary amylase. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1997 , 22, 553-61		31
433	Muscle-specific creatine kinase gene polymorphism and running economy responses to an 18-week 5000-m training programme. <i>British Journal of Sports Medicine</i> , 2006 , 40, 988-91	10.3	31
432	Effects of an endurance cycling competition on resting serum insulin-like growth factor I (IGF-I) and its binding proteins IGFBP-1 and IGFBP-3. <i>British Journal of Sports Medicine</i> , 2001 , 35, 303-7	10.3	31
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430	Effects of acute inhalation of albuterol on submaximal and maximal VO ₂ and blood lactate. <i>International Journal of Sports Medicine</i> , 1993 , 14, 239-43	3.6	31
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