Bent R Rnnestad

List of Publications by Citations

90 papers	1,843 citations	26 h-index	40 g-index
96 ext. papers	2,259 ext. citations	3.7 avg, IF	5.22 L-index

#	Paper	IF	Citations
90	Optimizing strength training for running and cycling endurance performance: A review. *Scandinavian Journal of Medicine and Science in Sports*, **2014**, 24, 603-12	4.6	97
89	Dissimilar effects of one- and three-set strength training on strength and muscle mass gains in upper and lower body in untrained subjects. *Journal of Strength and Conditioning Research*, **2007**, 21, 157-63	3.2	89
88	Effect of heavy strength training on thigh muscle cross-sectional area, performance determinants, and performance in well-trained cyclists. *European Journal of Applied Physiology*, **2010**, 108, 965-75	3.4	87
87	Physiological elevation of endogenous hormones results in superior strength training adaptation. *European Journal of Applied Physiology*, **2011**, 111, 2249-59	3.4	80
86	Irisin in blood increases transiently after single sessions of intense endurance exercise and heavy strength training. *PLoS ONE*, **2015**, 10, e0121367	3.7	73
85	Blood flow-restricted strength training displays high functional and biological efficacy in women: a within-subject comparison with high-load strength training. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **2015**, 309, R767-79	3.2	72
84	Comparing the performance-enhancing effects of squats on a vibration platform with conventional squats in recreationally resistance-trained men. *Journal of Strength and Conditioning Research*, **2004**, 18, 839-45	3.2	72
83	Effects of in-season strength maintenance training frequency in professional soccer players. *Journal of Strength and Conditioning Research*, **2011**, 25, 2653-60	3.2	63
82	Irisin and FNDC5: effects of 12-week strength training, and relations to muscle phenotype and body mass composition in untrained women. *European Journal of Applied Physiology*, **2014**, 114, 1875-88	3.4	59
81	Block periodization of high-intensity aerobic intervals provides superior training effects in trained cyclists. *Scandinavian Journal of Medicine and Science in Sports*, **2014**, 24, 34-42	4.6	56
80	Strength training improves 5-min all-out performance following 185 min of cycling. *Scandinavian Journal of Medicine and Science in Sports*, **2011**, 21, 250-9	4.6	52
79	The effect of heavy strength training on muscle mass and physical performance in elite cross country skiers. *Scandinavian Journal of Medicine and Science in Sports*, **2011**, 21, 389-401	4.6	51
78	Strength training improves performance and pedaling characteristics in elite cyclists. *Scandinavian Journal of Medicine and Science in Sports*, **2015**, 25, e89-98	4.6	50
77	High volume of endurance training impairs adaptations to 12 weeks of strength training in well-trained endurance athletes. *European Journal of Applied Physiology*, **2012**, 112, 1457-66	3.4	50
76	Acute effects of various whole-body vibration frequencies on lower-body power in trained and untrained subjects. *Journal of Strength and Conditioning Research*, **2009**, 23, 1309-15	3.2	47
75	Effects of 12 weeks of block periodization on performance and performance indices in well-trained cyclists. *Scandinavian Journal of Medicine and Science in Sports*, **2014**, 24, 327-35	4.6	44
74	The Effect of Different High-Intensity Periodization Models on Endurance Adaptations. *Medicine and Science in Sports and Exercise*, **2016**, 48, 2165-2174	1.2	44

73	In-season strength maintenance training increases well-trained cyclists] performance. *European Journal of Applied Physiology*, **2010**, 110, 1269-82	3.4	41
72	5-week block periodization increases aerobic power in elite cross-country skiers. *Scandinavian Journal of Medicine and Science in Sports*, **2016**, 26, 140-6	4.6	37
71	Short intervals induce superior training adaptations compared with long intervals in cyclists - an effort-matched approach. *Scandinavian Journal of Medicine and Science in Sports*, **2015**, 25, 143-51	4.6	36
70	Effect of heavy strength training on muscle thickness, strength, jump performance, and endurance performance in well-trained Nordic Combined athletes. *European Journal of Applied Physiology*, **2012**, 112, 2341-52	3.4	35
69	Benefits of higher resistance-training volume are related to ribosome biogenesis. *Journal of Physiology*, **2020**, 598, 543-565	3.9	33
68	Strength training elevates HSP27, HSP70 and B-crystallin levels in musculi vastus lateralis and trapezius. *European Journal of Applied Physiology*, **2012**, 112, 1773-82	3.4	31
67	Strength training improves cycling performance, fractional utilization of VO2max and cycling economy in female cyclists. *Scandinavian Journal of Medicine and Science in Sports*, **2016**, 26, 384-96	4.6	28
66	Acute effects of various whole body vibration frequencies on 1RM in trained and untrained subjects. *Journal of Strength and Conditioning Research*, **2009**, 23, 2068-72	3.2	28
65	The effects of adding different whole-body vibration frequencies to preconditioning exercise on subsequent sprint performance. *Journal of Strength and Conditioning Research*, **2011**, 25, 3306-10	3.2	26
64	The annual training periodization of 8 world champions in orienteering. *International Journal of Sports Physiology and Performance*, **2015**, 10, 29-38	3.5	23
63	Effects of Heavy Strength Training on Running Performance and Determinants of Running Performance in Female Endurance Athletes. *PLoS ONE*, **2016**, 11, e0150799	3.7	23
62	Upper body heavy strength training does not affect performance in junior female cross-country skiers. *Scandinavian Journal of Medicine and Science in Sports*, **2016**, 26, 1007-16	4.6	23
61	Determinants of maximal whole-body fat oxidation in elite cross-country skiers: Role of skeletal muscle mitochondria. *Scandinavian Journal of Medicine and Science in Sports*, **2018**, 28, 2494-2504	4.6	23
60	Heavy strength training improves running and cycling performance following prolonged submaximal work in well-trained female athletes. *Physiological Reports*, **2017**, 5, e13149	2.6	20
59	Hypobaric live high-train low does not improve aerobic performance more than live low-train low in cross-country skiers. *Scandinavian Journal of Medicine and Science in Sports*, **2018**, 28, 1636-1652	4.6	20
58	Acute effect of whole-body vibration on power, one-repetition maximum, and muscle activation in power lifters. *Journal of Strength and Conditioning Research*, **2012**, 26, 531-9	3.2	18
57	Reliable determination of training-induced alterations in muscle fiber composition in human skeletal muscle using quantitative polymerase chain reaction. *Scandinavian Journal of Medicine and Science in Sports*, **2014**, 24, e332-42	4.6	16
56	10 weeks of heavy strength training improves performance-related measurements in elite cyclists. *Journal of Sports Sciences*, **2017**, 35, 1435-1441	3.6	15

55	Superior performance improvements in elite cyclists following short-interval vs effort-matched long-interval training. *Scandinavian Journal of Medicine and Science in Sports*, **2020**, 30, 849-857	4.6	13
54	Effects of Exercise in the Fasted and Postprandial State on Interstitial Glucose in Hyperglycemic Individuals. *Journal of Sports Science and Medicine*, **2017**, 16, 254-263	2.7	13
53	Five weeks of heat training increases haemoglobin mass in elite cyclists. *Experimental Physiology*, **2021**, 106, 316-327	2.4	13
52	Optimizing Interval Training at Power Output Associated With Peak Oxygen Uptake in Well-Trained Cyclists. *Journal of Strength and Conditioning Research*, **2016**, 30, 999-1006	3.2	12
51	A Scientific Approach to Improve Physiological Capacity of an Elite Cyclist. *International Journal of Sports Physiology and Performance*, **2018**, 13, 390-393	3.5	12
50	Improvement of Ice Hockey Players] On-Ice Sprint With Combined Plyometric and Strength Training. *International Journal of Sports Physiology and Performance*, **2017**, 12, 893-900	3.5	10
49	Case Studies in Physiology: Temporal changes in determinants of aerobic performance in individual going from alpine skier to world junior champion time trial cyclist. *Journal of Applied Physiology*, **2019**, 127, 306-311	3.7	10
48	Cyclists] improvement of pedaling efficacy and performance after heavy strength training. *International Journal of Sports Physiology and Performance*, **2012**, 7, 313-21	3.5	10
47	Impairment of Performance Variables After In-Season Strength-Training Cessation in Elite Cyclists. *International Journal of Sports Physiology and Performance*, **2016**, 11, 727-735	3.5	9
46	HIT maintains performance during the transition period and improves next season performance in well-trained cyclists. *European Journal of Applied Physiology*, **2014**, 114, 1831-9	3.4	9
45	Short-term performance peaking in an elite cross-country mountain biker. *Journal of Sports Sciences* , **2017**, 35, 1392-1395	3.6	9
44	Compatibility of Concurrent Aerobic and Strength Training for Skeletal Muscle Size and Function: An Updated Systematic Review and Meta-Analysis. *Sports Medicine*, **2021**, 1	10.6	9
43	Block periodization of strength and endurance training is superior to traditional periodization in ice hockey players. *Scandinavian Journal of Medicine and Science in Sports*, **2019**, 29, 180-188	4.6	9
42	Strength training improves double-poling performance after prolonged submaximal exercise in cross-country skiers. *Scandinavian Journal of Medicine and Science in Sports*, **2018**, 28, 893-904	4.6	8
41	Seasonal changes in leg strength and vertical jump ability in internationally competing ski jumpers. *European Journal of Applied Physiology*, **2013**, 113, 1833-8	3.4	8
40	Force-velocity profiling in athletes: Reliability and agreement across methods. *PLoS ONE*, **2021**, 16, e0245791	3.7	8
39	No effect of increasing protein intake during military exercise with severe energy deficit on body composition and performance. *Scandinavian Journal of Medicine and Science in Sports*, **2020**, 30, 865-877	4.6	7
38	Effects of Initial Performance, Gross Efficiency and O Characteristics on Subsequent Adaptations to Endurance Training in Competitive Cyclists. *Frontiers in Physiology*, **2018**, 9, 713	4.6	7

37	Block periodization of endurance training - a systematic review and meta-analysis. *Open Access Journal of Sports Medicine*, **2019**, 10, 145-160	2.9	7
36	Adding vibration to high-intensity intervals increase time at high oxygen uptake in well-trained cyclists. *Scandinavian Journal of Medicine and Science in Sports*, **2018**, 28, 2473-2480	4.6	6
35	Acute and long-term effects of blood flow restricted training on heat shock proteins and endogenous antioxidant systems. *Scandinavian Journal of Medicine and Science in Sports*, **2017**, 27, 1190-1201	4.6	6
34	The effects of heavy upper-body strength training on ice sledge hockey sprint abilities in world class players. *Human Movement Science*, **2014**, 38, 251-61	2.4	6
33	Effects of Including Sprints in One Weekly Low-Intensity Training Session During the Transition Period of Elite Cyclists. *Frontiers in Physiology*, **2020**, 11, 1000	4.6	6
32	Adding Whole-Body Vibration to Preconditioning Squat Exercise Increases Cycling Sprint Performance. *Journal of Strength and Conditioning Research*, **2020**, 34, 1354-1361	3.2	6
31	Vitamin D supplementation does not enhance the effects of resistance training in older adults. *Journal of Cachexia, Sarcopenia and Muscle*, **2021**, 12, 599-628	10.3	6
30	Comparison of Short-Sprint and Heavy Strength Training on Cycling Performance. *Frontiers in Physiology*, **2019**, 10, 1132	4.6	5
29	Eccentric cycling does not improve cycling performance in amateur cyclists. *PLoS ONE*, **2019**, 14, e0208452	3.7	5
28	Effects of Cycling Training at Imposed Low Cadences: A Systematic Review. *International Journal of Sports Physiology and Performance*, **2017**, 12, 1127-1136	3.5	4
27	Systemic and muscular responses to effort-matched short intervals and long intervals in elite cyclists. *Scandinavian Journal of Medicine and Science in Sports*, **2020**, 30, 1140-1150	4.6	4
26	Optimal [Formula: see text] ratio for predicting 15 km performance among elite male cross-country skiers. *Open Access Journal of Sports Medicine*, **2015**, 6, 353-60	2.9	4
25	Factors Influencing Running Velocity at Lactate Threshold in Male and Female Runners at Different Levels of Performance. *Frontiers in Physiology*, **2020**, 11, 585267	4.6	4
24	Performance-Determining Variables in Long-Distance Events: Should They Be Determined From a Rested State or After Prolonged Submaximal Exercise?. *International Journal of Sports Physiology and Performance*, **2020**, 16, 647-654	3.5	4
23	The Effect of Whole-Body Vibration on Subsequent Sprint Performance in Well-Trained Cyclists. *International Journal of Sports Physiology and Performance*, **2017**, 12, 964-968	3.5	3
22	The Effect of 30-Second Sprints During Prolonged Exercise on Gross Efficiency, Electromyography, and Pedaling Technique in Elite Cyclists. *International Journal of Sports Physiology and Performance*, **2019**, 1-9	3.5	3
21	Increased biological relevance of transcriptome analyses in human skeletal muscle using a model-specific pipeline. *BMC Bioinformatics*, **2020**, 21, 548	3.6	3
20	Should we individualize training based on force-velocity profiling to improve physical performance in athletes?. *Scandinavian Journal of Medicine and Science in Sports*, **2021**, 31, 2198-2210	4.6	3

19	Acute effects of post-absorptive and postprandial moderate exercise on markers of inflammation in hyperglycemic individuals. *European Journal of Applied Physiology*, **2017**, 117, 787-794	3.4	2
18	A 11-day compressed overload and taper induces larger physiological improvements than a normal taper in elite cyclists. *Scandinavian Journal of Medicine and Science in Sports*, **2019**, 29, 1856-1865	4.6	2
17	Strength and hypertrophy with resistance training: chasing a hormonal ghost. *European Journal of Applied Physiology*, **2012**, 112, 1985-1987	3.4	2
16	Effects of including sprints during prolonged cycling on hormonal and muscular responses and recovery in elite cyclists. *Scandinavian Journal of Medicine and Science in Sports*, **2021**, 31, 529-541	4.6	2
15	Ribosome accumulation during early phase resistance training in humans.. *Acta Physiologica*, **2022**, e13806	5.6	2
14	Adaptations to strength training differ between endurance-trained and untrained women. *European Journal of Applied Physiology*, **2020**, 120, 1541-1549	3.4	1
13	Power Production and Biochemical Markers of Metabolic Stress and Muscle Damage Following a Single Bout of Short-Sprint and Heavy Strength Exercise in Well-Trained Cyclists. *Frontiers in Physiology*, **2018**, 9, 155	4.6	1
12	Benefits of higher resistance-training volume depends on ribosome biogenesis		1
11	Effects of Including Sprints in LIT Sessions during a 14-d Camp on Muscle Biology and Performance Measures in Elite Cyclists. *Medicine and Science in Sports and Exercise*, **2021**, 53, 2333-2345	1.2	1
10	Chronic obstructive pulmonary disease does not impair responses to resistance training. *Journal of Translational Medicine*, **2021**, 19, 292	8.5	1
9	Training wearing thermal clothing and training in hot ambient conditions are equally effective methods of heat acclimation. *Journal of Science and Medicine in Sport*, **2021**, 24, 763-767	4.4	1
8	No Differences Between 12 Weeks of Block- vs. Traditional-Periodized Training in Performance Adaptations in Trained Cyclists.. *Frontiers in Physiology*, **2022**, 13, 837634	4.6	1
7	Equal-Volume Strength Training With Different Training Frequencies Induces Similar Muscle Hypertrophy and Strength Improvement in Trained Participants.. *Frontiers in Physiology*, **2021**, 12, 789403	4.6	0
6	Case Report: Heat Suit Training May Increase Hemoglobin Mass in Elite Athletes. *International Journal of Sports Physiology and Performance*, **2021**, 1-5	3.5	0
5	Superior On-Ice Performance After Short-Interval vs. Long-Interval Training in Well-Trained Adolescent Ice Hockey Players. *Journal of Strength and Conditioning Research*, **2021**, 35, S76-S80	3.2	0
4	Superior Physiological Adaptations After a Microcycle of Short Intervals Versus Long Intervals in Cyclists. *International Journal of Sports Physiology and Performance*, **2021**, 1-7	3.5	0
3	Response to Millet and Brocherie. *Scandinavian Journal of Medicine and Science in Sports*, **2018**, 28, 2244-2245	4.6	
2	The Aerobic and Anaerobic Contribution During Repeated 30-s Sprints in Elite Cyclists. *Frontiers in Physiology*, **2021**, 12, 692622	4.6	

List of Publications

1	Case Report: Effects of Multiple Seasons of Heavy Strength Training on Muscle Strength and Cycling Sprint Power in Elite Cyclists.. *Frontiers in Sports and Active Living*, **2022**, 4, 860685	2.3