Bent R RÃ¸nnestad

List of Publications by Year
in descending order

94 papers	2,716 citations	196777 29 h-index	242451 47 g-index
96 all docs	96 docs citations	96 times ranked	2541 citing authors

#	Article	IF	Citations
1	Case Report: Heat Suit Training May Increase Hemoglobin Mass in Elite Athletes. International Journal of Sports Physiology and Performance, 2022, 17, 115-119.	1.1	6
2	Compatibility of Concurrent Aerobic and Strength Training for Skeletal Muscle Size and Function: An Updated Systematic Review and Meta-Analysis. Sports Medicine, 2022, 52, 601-612.	3.1	44
3	Heat suit training increases hemoglobin mass in elite crossâ€country skiers. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 1089-1098.	1.3	7
4	Resistance exercise training increases skeletal muscle mitochondrial respiration in chronic obstructive pulmonary disease. JCSM Rapid Communications, 2022, 5, 194-204.	0.6	0
5	Ribosome accumulation during early phase resistance training in humans. Acta Physiologica, 2022, 235, e13806.	1.8	13
6	No Differences Between 12â€‰Weeks of Block- vs. Traditional-Periodized Training in Performance Adaptations in Trained Cyclists. Frontiers in Physiology, 2022, 13, 837634.	1.3	7
7	Heat Training Efficiently Increases and Maintains Hemoglobin Mass and Temperate Endurance Performance in Elite Cyclists. Medicine and Science in Sports and Exercise, 2022, 54, 1515-1526.	0.2	7
8	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.	0.9	1
9	Strength and Power Testing of Athletes: Associations of Common Assessments Over Time. International Journal of Sports Physiology and Performance, 2022, 17, 1280-1288.	1.1	6
10	Five weeks of heat training increases haemoglobin mass in elite cyclists. Experimental Physiology, 2021, 106, 316-327.	0.9	28
11	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.	1.3	4
12	Force-velocity profiling in athletes: Reliability and agreement across methods. PLoS ONE, 2021, 16, e0245791.	1.1	26
13	Vitamin D₃supplementation does not enhance the effects of resistance training in older adults. Journal of Cachexia, Sarcopenia and Muscle, 2021, 12, 599-628.	2.9	19
14	A Comparison of the Effect of Strength Training on Cycling Performance between Men and Women. Journal of Functional Morphology and Kinesiology, 2021, 6, 29.	1.1	3
15	The Aerobic and Anaerobic Contribution During Repeated 30-s Sprints in Elite Cyclists. Frontiers in Physiology, 2021, 12, 692622.	1.3	1
16	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.	0.2	5
17	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, 2021, 16, 647-654.	1.1	5
18	Chronic obstructive pulmonary disease does not impair responses to resistance training. Journal of Translational Medicine, 2021, 19, 292.	1.8	5

#	Article	IF	Citations
19	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, Publish Ahead of Print, S76-S80.	1.0	2
20	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.	0.6	8
21	Should we individualize training based on forceâ€velocity profiling to improve physical performance in athletes?. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 2198-2210.	1.3	17
22	Superior Physiological Adaptations After a Microcycle of Short Intervals Versus Long Intervals in Cyclists. International Journal of Sports Physiology and Performance, 2021, 16, 1432-1438.	1.1	1
23	Equal-Volume Strength Training With Different Training Frequencies Induces Similar Muscle Hypertrophy and Strength Improvement in Trained Participants. Frontiers in Physiology, 2021, 12, 789403.	1.3	7
24	Adding Whole-Body Vibration to Preconditioning Squat Exercise Increases Cycling Sprint Performance. Journal of Strength and Conditioning Research, 2020, 34, 1354-1361.	1.0	8
25	Benefits of higher resistanceâ€training volume are related to ribosome biogenesis. Journal of Physiology, 2020, 598, 543-565.	1.3	57
26	Factors Influencing Running Velocity at Lactate Threshold in Male and Female Runners at Different Levels of Performance. Frontiers in Physiology, 2020, 11, 585267.	1.3	13
27	Increased biological relevance of transcriptome analyses in human skeletal muscle using a model-specific pipeline. BMC Bioinformatics, 2020, 21, 548.	1.2	7
28	Effects of Including Sprints in One Weekly Low-Intensity Training Session During the Transition Period of Elite Cyclists. Frontiers in Physiology, 2020, 11, 1000.	1.3	11
29	Adaptations to strength training differ between endurance-trained and untrained women. European Journal of Applied Physiology, 2020, 120, 1541-1549.	1.2	8
30	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.	1.3	11
31	Superior performance improvements in elite cyclists following shortâ€interval vs effortâ€matched longâ€interval training. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 849-857.	1.3	30
32	Systemic and muscular responses to effortâ€matched short intervals and long intervals in elite cyclists. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 1140-1150.	1.3	7
33	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, 2020, 15, 562-570.	1.1	4
34	A 11â€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.	1.3	5
35	Comparison of Short-Sprint and Heavy Strength Training on Cycling Performance. Frontiers in Physiology, 2019, 10, 1132.	1.3	9
36	Block periodization of endurance training â€“ a systematic review and meta-analysis . Open Access Journal of Sports Medicine, 2019, Volume 10, 145-160.	0.6	11

#	Article	IF	Citations
37	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.	1.2	16
38	Eccentric cycling does not improve cycling performance in amateur cyclists. PLoS ONE, 2019, 14, e0208452.	1.1	8
39	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.	1.3	15
40	Hypobaric live highâ€train low does not improve aerobic performance more than live lowâ€train low in crossâ€country skiers. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 1636-1652.	1.3	32
41	A Scientific Approach to Improve Physiological Capacity of an Elite Cyclist. International Journal of Sports Physiology and Performance, 2018, 13, 390-393.	1.1	19
42	Strength training improves doubleâ€poling performance after prolonged submaximal exercise in crossâ€country skiers. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 893-904.	1.3	18
43	Determinants of maximal wholeâ€body fat oxidation in elite crossâ€country skiers: Role of skeletal muscle mitochondria. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2494-2504.	1.3	32
44	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.	1.3	4
45	Effects of Initial Performance, Gross Efficiency and O2peak Characteristics on Subsequent Adaptations to Endurance Training in Competitive Cyclists. Frontiers in Physiology, 2018, 9, 713.	1.3	8
46	Response to Millet and Brocherie. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2244-2245.	1.3	0
47	Adding vibration to highâ€intensity intervals increase time at high oxygen uptake in wellâ€trained cyclists. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2473-2480.	1.3	11
48	Effects of Cycling Training at Imposed Low Cadences: A Systematic Review. International Journal of Sports Physiology and Performance, 2017, 12, 1127-1136.	1.1	6
49	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.	1.2	3
50	Heavy strength training improves running and cycling performance following prolonged submaximal work in wellâ€trained female athletes. Physiological Reports, 2017, 5, e13149.	0.7	34
51	Improvement of Ice Hockey Playersâ€™ On-Ice Sprint With Combined Plyometric and Strength Training. International Journal of Sports Physiology and Performance, 2017, 12, 893-900.	1.1	20
52	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.	1.1	4
53	Short-term performance peaking in an elite cross-country mountain biker. Journal of Sports Sciences, 2017, 35, 1392-1395.	1.0	10
54	10 weeks of heavy strength training improves performance-related measurements in elite cyclists. Journal of Sports Sciences, 2017, 35, 1435-1441.	1.0	22

#	Article	IF	Citations
55	Acute and longâ€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.	1.3	9
56	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.	0.7	18
57	Upper body heavy strength training does not affect performance in junior female crossâ€country skiers. Scandinavian Journal of Medicine and Science in Sports, 2016, 26, 1007-1016.	1.3	31
58	The Effect of Different High-Intensity Periodization Models on Endurance Adaptations. Medicine and Science in Sports and Exercise, 2016, 48, 2165-2174.	0.2	51
59	Impairment of Performance Variables After In-Season Strength-Training Cessation in Elite Cyclists. International Journal of Sports Physiology and Performance, 2016, 11, 727-735.	1.1	16
60	5â€week block periodization increases aerobic power in elite crossâ€country skiers. Scandinavian Journal of Medicine and Science in Sports, 2016, 26, 140-146.	1.3	50
61	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.	1.0	17
62	Strength training improves cycling performance, fractional utilization of VO_{2max} and cycling economy in female cyclists. Scandinavian Journal of Medicine and Science in Sports, 2016, 26, 384-396.	1.3	53
63	Effects of Heavy Strength Training on Running Performance and Determinants of Running Performance in Female Endurance Athletes. PLoS ONE, 2016, 11, e0150799.	1.1	42
64	Optimal VÌ‡O2max-to-mass ratio for predicting 15 km performance among elite male cross-country skiers. Open Access Journal of Sports Medicine, 2015, 6, 353.	0.6	4
65	Irisin in Blood Increases Transiently after Single Sessions of Intense Endurance Exercise and Heavy Strength Training. PLoS ONE, 2015, 10, e0121367.	1.1	102
66	The Annual Training Periodization of 8 World Champions in Orienteering. International Journal of Sports Physiology and Performance, 2015, 10, 29-38.	1.1	30
67	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-R779.	0.9	97
68	Short intervals induce superior training adaptations compared with long intervals in cyclists â€“ An effortâ€matched approach. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, 143-151.	1.3	51
69	Strength training improves performance and pedaling characteristics in elite cyclists. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, e89-98.	1.3	74
70	Reliable determination of trainingâ€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.	1.3	20
71	The effects of heavy upper-body strength training on ice sledge hockey sprint abilities in world class players. Human Movement Science, 2014, 38, 251-261.	0.6	12
72	Block periodization of highâ€intensity aerobic intervals provides superior training effects in trained cyclists. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, 34-42.	1.3	69

#	ARTICLE	IF	CITATIONS
73	Optimizing strength training for running and cycling endurance performance: A review. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, 603-612.	1.3	152
74	HIT maintains performance during the transition period and improves next season performance in well-trained cyclists. European Journal of Applied Physiology, 2014, 114, 1831-1839.	1.2	13
75	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, 1875-1888.	1.2	68
76	Effects of 12 weeks of block periodization on performance and performance indices in wellâ€trained cyclists. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, 327-335.	1.3	61
77	Seasonal changes in leg strength and vertical jump ability in internationally competing ski jumpers. European Journal of Applied Physiology, 2013, 113, 1833-1838.	1.2	8
78	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, 531-539.	1.0	23
79	Cyclistsâ€™ Improvement of Pedaling Efficacy and Performance After Heavy Strength Training. International Journal of Sports Physiology and Performance, 2012, 7, 313-321.	1.1	16
80	Strength training elevates HSP27, HSP70 and Î±B-crystallin levels in musculi vastus lateralis and trapezius. European Journal of Applied Physiology, 2012, 112, 1773-1782.	1.2	37
81	Strength and hypertrophy with resistance training: chasing a hormonal ghost. European Journal of Applied Physiology, 2012, 112, 1985-1987.	1.2	2
82	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, 2341-2352.	1.2	43
83	High volume of endurance training impairs adaptations to 12Âweeks of strength training in well-trained endurance athletes. European Journal of Applied Physiology, 2012, 112, 1457-1466.	1.2	61
84	Effects of In-Season Strength Maintenance Training Frequency in Professional Soccer Players. Journal of Strength and Conditioning Research, 2011, 25, 2653-2660.	1.0	89
85	The Effects of Adding Different Whole-Body Vibration Frequencies to Preconditioning Exercise on Subsequent Sprint Performance. Journal of Strength and Conditioning Research, 2011, 25, 3306-3310.	1.0	32
86	Strength training improves 5â€min allâ€out performance following 185â€ƒmin of cycling. Scandinavian Journal of Medicine and Science in Sports, 2011, 21, 250-259.	1.3	69
87	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.	1.3	81
88	Physiological elevation of endogenous hormones results in superior strength training adaptation. European Journal of Applied Physiology, 2011, 111, 2249-2259.	1.2	89
89	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, 965-975.	1.2	112
90	In-season strength maintenance training increases well-trained cyclistsâ€™ performance. European Journal of Applied Physiology, 2010, 110, 1269-1282.	1.2	55

#	Article	IF	Citations
91	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, 1309-1315.	1.0	54
92	Acute Effects of Various Whole Body Vibration Frequencies on 1RM in Trained and Untrained Subjects. Journal of Strength and Conditioning Research, 2009, 23, 2068-2072.	1.0	35
93	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, 157-163.	1.0	106
94	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.	1.0	98