

Ilias Smilios

List of Publications by Year in descending order

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Version: 2024-02-01

45
papers

1,059
citations

471061

17
h-index

414034

32
g-index

45
all docs

45
docs citations

45
times ranked

1456
citing authors

#	ARTICLE	IF	CITATIONS
1	Hormonal Responses after Various Resistance Exercise Protocols. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 644-654.	0.2	193
2	Effects of Resistance Training on the Physical Capacities of Adolescent Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 783.	1.0	140
3	The Effects of Ibuprofen on Delayed Muscle Soreness and Muscular Performance After Eccentric Exercise. <i>Journal of Strength and Conditioning Research</i> , 2003, 17, 53.	1.0	68
4	Serum leptin responses after acute resistance exercise protocols. <i>Journal of Applied Physiology</i> , 2003, 94, 591-597.	1.2	67
5	Short-Term Effects of Selected Exercise and Load in Contrast Training on Vertical Jump Performance. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 135.	1.0	49
6	Aerobic, resistance and combined training and detraining on body composition, muscle strength, lipid profile and inflammation in coronary artery disease patients. <i>Research in Sports Medicine</i> , 2016, 24, 171-184.	0.7	44
7	Effects of detraining on muscle strength and mass after high or moderate intensity of resistance training in older adults. <i>Clinical Physiology and Functional Imaging</i> , 2009, 29, 316-319.	0.5	38
8	Power Output and Electromyographic Activity During and After a Moderate Load Muscular Endurance Session. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2122-2131.	1.0	37
9	Swimming Performance After Passive and Active Recovery of Various Durations. <i>International Journal of Sports Physiology and Performance</i> , 2008, 3, 375-386.	1.1	34
10	Effect of different intensities of active recovery on sprint swimming performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006, 31, 709-716.	0.9	32
11	The Effect of Moderate Resistance Strength Training and Detraining on Muscle Strength and Power in Older Men. <i>Journal of Geriatric Physical Therapy</i> , 2007, 30, 109-113.	0.6	31
12	Maximum Power Training Load Determination and Its Effects on Load-Power Relationship, Maximum Strength, and Vertical Jump Performance. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1223-1233.	1.0	31
13	Oxygen Delivery and Muscle Deoxygenation during Continuous, Long- and Short-Interval Exercise. <i>International Journal of Sports Medicine</i> , 2015, 36, 872-880.	0.8	27
14	Effects of warm-up on vertical jump performance and muscle electrical activity using half-squats at low and moderate intensity. <i>Journal of Sports Science and Medicine</i> , 2010, 9, 326-31.	0.7	26
15	Effects of vibration and exercise training on bone mineral density and muscle strength in postmenopausal women. <i>European Journal of Sport Science</i> , 2012, 12, 81-88.	1.4	23
16	The Effects of Recovery Duration During High-Intensity Interval Exercise on Time Spent at High Rates of Oxygen Consumption, Oxygen Kinetics, and Blood Lactate. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2183-2189.	1.0	22
17	Training-Induced Changes on Blood Lactate Profile and Critical Velocity in Young Swimmers. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1563-1570.	1.0	20
18	Training, Detraining, and Retraining Effects on Glycemic Control and Physical Fitness in Women with Type 2 Diabetes. <i>Hormone and Metabolic Research</i> , 2014, 46, 974-979.	0.7	19

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19	Caffeine Supplementation: Ergogenic in Both High and Low Caffeine Responders. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 650-657.	1.1	15
20	Intermittent but Not Continuous Static Stretching Improves Subsequent Vertical Jump Performance in Flexibility-Trained Athletes. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 203-210.	1.0	15
21	Hormonal responses after resistance exercise performed with maximum and submaximum movement velocities. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014, 39, 351-357.	0.9	14
22	EFFECTS OF RESISTANCE TRAINING ON THE PHYSICAL CAPACITIES OF ADOLESCENT SOCCER PLAYERS. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 783-791.	1.0	12
23	Community-Based Trainingâ€“Detraining Intervention in Older Women: A Five-Year Follow-Up Study. <i>Journal of Aging and Physical Activity</i> , 2015, 23, 496-512.	0.5	12
24	Effect of opposition quality and match location on the positional demands of the 4-2-3-1 formation in elite soccer. <i>Journal of Exercise Science and Fitness</i> , 2020, 18, 40-45.	0.8	10
25	Caffeine supplementation is ergogenic in soccer players independent of cardiorespiratory or neuromuscular fitness levels. <i>Journal of the International Society of Sports Nutrition</i> , 2020, 17, 31.	1.7	9
26	Changes in Body Composition and Strength after 12 Weeks of High-Intensity Functional Training with Two Different Loads in Physically Active Men and Women: A Randomized Controlled Study. <i>Sports</i> , 2022, 10, 7.	0.7	9
27	The Effects of Ibuprofen on Delayed Muscle Soreness and Muscular Performance After Eccentric Exercise. <i>Journal of Strength and Conditioning Research</i> , 2003, 17, 53-59.	1.0	8
28	Contrast Loading Increases Upper Body Power Output in Junior Volleyball Athletes. <i>Pediatric Exercise Science</i> , 2017, 29, 103-108.	0.5	7
29	Effects of Varying Levels of Muscular Fatigue on Vertical Jump Performance. <i>Journal of Strength and Conditioning Research</i> , 1998, 12, 204.	1.0	7
30	Differences in the Force Velocity Mechanical Profile and the Effectiveness of Force Application During Sprint-Acceleration Between Sprinters and Hurdlers. <i>Frontiers in Sports and Active Living</i> , 2019, 1, 26.	0.9	6
31	Physiological and Race Pace Characteristics of Medium and Low-Level Athens Marathon Runners. <i>Sports</i> , 2020, 8, 116.	0.7	6
32	Supercompensation in Elite Water Polo: Heart Rate Variability and Perceived Recovery. <i>Sports Medicine International Open</i> , 2021, 5, E53-E58.	0.3	6
33	Effects of an International Tournament on Heart Rate Variability and Perceived Recovery in Elite Water Polo Players. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	1.0	6
34	Effects of Work and Recovery Duration and Their Ratio on Cardiorespiratory and Metabolic Responses During Aerobic Interval Exercise. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	1.0	4
35	Acute pro- and anti-inflammatory responses to resistance exercise in patients with coronary artery disease: a pilot study. <i>Journal of Sports Science and Medicine</i> , 2015, 14, 91-7.	0.7	4
36	Exercise promotes endothelial progenitor cell mobilization in patients with chronic heart failure. <i>European Journal of Preventive Cardiology</i> , 2022, 28, e24-e27.	0.8	3

#	ARTICLE	IF	CITATIONS
37	Effects of Varying Levels of Muscular Fatigue on Vertical Jump Performance. Journal of Strength and Conditioning Research, 1998, 12, 204-208.	1.0	1
38	Contrast Loading: Power Output and Rest Interval Effects on Neuromuscular Performance. International Journal of Sports Physiology and Performance, 2014, 9, 567-574.	1.1	1
39	Muscle Oxygenation, Neural, and Cardiovascular Responses to Isometric and Workload-matched Dynamic Resistance Exercise. International Journal of Sports Medicine, 2021, , .	0.8	1
40	The effect of periodized flywheel training on power of lower limbs. Journal of Sports Medicine and Physical Fitness, 2021, 61, 1563-1569.	0.4	1
41	Brain oxygenation during multiple sets of isometric and dynamic resistance exercise of equivalent workloads: Association with systemic haemodynamics. Journal of Sports Sciences, 2022, , 1-11.	1.0	1
42	Physiological and Race Pace Characteristics of Medium and Low-Level Athens Marathon Runners. Proceedings (mdpi), 2019, 25, .	0.2	0
43	Effect of Opposition Quality and Match Location on the Positional Demands of the 4-2-3-1 Formation in Elite Soccer. Proceedings (mdpi), 2019, 25, 26.	0.2	0
44	Pituitary-thyroid Hormone Responses Following Resistance Exercise Performed At Submaximal Movement Velocity. Medicine and Science in Sports and Exercise, 2020, 52, 468-468.	0.2	0
45	The Effects of an Alternative Training Method on Physical and Technical Abilities of Adolescent Soccer Players: A Pilot Study. Central European Journal of Sport Sciences and Medicine, 2022, 37, 45-56.	0.1	0