

Håvard Hamarsland

List of Publications by Year in descending order

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Version: 2024-02-01

15
papers

241
citations

1040018

9
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996954

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16
all docs

16
docs citations

16
times ranked

378
citing authors

#	ARTICLE	IF	CITATIONS
1	Heat suit training increases hemoglobin mass in elite cross-country skiers. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 1089-1098.	2.9	7
2	No Differences Between 12 Weeks of Block- vs. Traditional-Periodized Training in Performance Adaptations in Trained Cyclists. <i>Frontiers in Physiology</i> , 2022, 13, 837634.	2.8	7
3	Five weeks of heat training increases haemoglobin mass in elite cyclists. <i>Experimental Physiology</i> , 2021, 106, 316-327.	2.0	28
4	Vitamin D ₃ supplementation does not enhance the effects of resistance training in older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2021, 12, 599-628.	7.3	19
5	Equal-Volume Strength Training With Different Training Frequencies Induces Similar Muscle Hypertrophy and Strength Improvement in Trained Participants. <i>Frontiers in Physiology</i> , 2021, 12, 789403.	2.8	7
6	Native Whey Induces Similar Adaptation to Strength Training as Milk, despite Higher Levels of Leucine, in Elderly Individuals. <i>Nutrients</i> , 2019, 11, 2094.	4.1	9
7	No Difference between Spray Dried Milk and Native Whey Supplementation with Strength Training. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 75-83.	0.4	5
8	The impact of age and frailty on skeletal muscle autophagy markers and specific strength: A cross-sectional comparison. <i>Experimental Gerontology</i> , 2019, 125, 110687.	2.8	22
9	Native Whey Induces Similar Post Exercise Muscle Anabolic Responses as Regular Whey, Despite Greater Leucinemia, in Elderly Individuals. <i>Journal of Nutrition, Health and Aging</i> , 2019, 23, 42-50.	3.3	11
10	Depressed Physical Performance Outlasts Hormonal Disturbances after Military Training. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 2076-2084.	0.4	28
11	Gene expression is differentially regulated in skeletal muscle and circulating immune cells in response to an acute bout of high-load strength exercise. <i>Genes and Nutrition</i> , 2017, 12, 8.	2.5	9
12	Native whey induces higher and faster leucinemia than other whey protein supplements and milk: a randomized controlled trial. <i>BMC Nutrition</i> , 2017, 3, .	1.6	15
13	Native whey protein with high levels of leucine results in similar post-exercise muscular anabolic responses as regular whey protein: a randomized controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 43.	3.9	30
14	Ethanol Does Not Delay Muscle Recovery but Decreases Testosterone/Cortisol Ratio. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 2175-2183.	0.4	20
15	Can supplementation with vitamin C and E alter physiological adaptations to strength training?. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2014, 6, 28.	1.7	23