

# HÃ¥vard Nygaard

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5937491/publications.pdf>

Version: 2024-02-01

16  
papers

613  
citations

840728

11  
h-index

940516

16  
g-index

17  
all docs

17  
docs citations

17  
times ranked

981  
citing authors

#	ARTICLE	IF	CITATIONS
1	Irisin in Blood Increases Transiently after Single Sessions of Intense Endurance Exercise and Heavy Strength Training. <i>PLoS ONE</i> , 2015, 10, e0121367.	2.5	102
2	Blood flow-restricted strength training displays high functional and biological efficacy in women: a within-subject comparison with high-load strength training. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2015, 309, R767-R779.	1.8	97
3	Physiological elevation of endogenous hormones results in superior strength training adaptation. <i>European Journal of Applied Physiology</i> , 2011, 111, 2249-2259.	2.5	89
4	Irisin and FNDC5: effects of 12-week strength training, and relations to muscle phenotype and body mass composition in untrained women. <i>European Journal of Applied Physiology</i> , 2014, 114, 1875-1888.	2.5	68
5	Slow postmeal walking reduces postprandial glycemia in middle-aged women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 1087-1092.	1.9	64
6	Effects of 12 weeks of block periodization on performance and performance indices in well-trained cyclists. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, 327-335.	2.9	61
7	Superior performance improvements in elite cyclists following short-interval vs effort-matched long-interval training. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 849-857.	2.9	30
8	10 weeks of heavy strength training improves performance-related measurements in elite cyclists. <i>Journal of Sports Sciences</i> , 2017, 35, 1435-1441.	2.0	22
9	Reliable determination of training-induced alterations in muscle fiber composition in human skeletal muscle using quantitative polymerase chain reaction. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, e332-42.	2.9	20
10	Vitamin D <sup>3</sup> 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
11	Effects of Exercise in the Fasted and Postprandial State on Interstitial Glucose in Hyperglycemic Individuals. <i>Journal of Sports Science and Medicine</i> , 2017, 16, 254-263.	1.6	18
12	Systemic and muscular responses to effort-matched short intervals and long intervals in elite cyclists. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 1140-1150.	2.9	7
13	Long-term effects of daily postprandial physical activity on blood glucose: a randomized controlled trial. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 430-437.	1.9	6
14	Effect of caffeine ingestion on competitive rifle shooting performance. <i>PLoS ONE</i> , 2019, 14, e0224596.	2.5	4
15	Acute effects of post-absorptive and postprandial moderate exercise on markers of inflammation in hyperglycemic individuals. <i>European Journal of Applied Physiology</i> , 2017, 117, 787-794.	2.5	3
16	Strength and hypertrophy with resistance training: chasing a hormonal ghost. <i>European Journal of Applied Physiology</i> , 2012, 112, 1985-1987.	2.5	2