

# John Babraj

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5950064/publications.pdf>

Version: 2024-02-01

10  
papers

156  
citations

1306789

7  
h-index

1473754

9  
g-index

10  
all docs

10  
docs citations

10  
times ranked

203  
citing authors

#	ARTICLE	IF	CITATIONS
1	High Intensity Training Improves Health and Physical Function in Middle Aged Adults. <i>Biology</i> , 2014, 3, 333-344.	1.3	35
2	Extremely short duration high-intensity training substantially improves endurance performance in triathletes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2012, 37, 976-981.	0.9	32
3	Extremely short duration sprint interval training improves vascular health in older adults. <i>Sport Sciences for Health</i> , 2019, 15, 123-131.	0.4	27
4	High-Intensity Cycling Training. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2229-2236.	1.0	23
5	Effects of in-season uphill sprinting on physical characteristics in semi-professional soccer players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 165-170.	0.4	18
6	The Impact of Sprint Interval Training Frequency on Blood Glucose Control and Physical Function of Older Adults. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 454.	1.2	8
7	Weekly Vitamin D <sup>3</sup> supplementation improves aerobic performance in combat sport athletes. <i>European Journal of Sport Science</i> , 2021, 21, 379-387.	1.4	8
8	Early Adaptations to a Two-Week Uphill Run Sprint Interval Training and Cycle Sprint Interval Training. <i>Sports</i> , 2018, 6, 72.	0.7	3
9	Changes in lactate kinetics underpin soccer performance adaptations to cycling-based sprint interval training. <i>European Journal of Sport Science</i> , 2020, 20, 486-494.	1.4	2
10	The Influence of Removing the Perception of Achievement on Performance in Volitional Time-to-Exhaustion Cycle Ergometer Trials. <i>International Universities Strength and Conditioning Association Journal</i> , 2020, 1, .	0.3	0