

Iñigo Mujika

List of Publications by Year in descending order

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Version: 2024-02-01

69
papers

3,809
citations

218677

26
h-index

144013

57
g-index

71
all docs

71
docs citations

71
times ranked

2996
citing authors

#	ARTICLE	IF	CITATIONS
1	Defining Training and Performance Caliber: A Participant Classification Framework. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 317-331.	2.3	572
2	Detraining: Loss of Training-Induced Physiological and Performance Adaptations. Part I. <i>Sports Medicine</i> , 2000, 30, 79-87.	6.5	471
3	Recovery and Performance in Sport: Consensus Statement. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 240-245.	2.3	350
4	Detraining: Loss of Training-Induced Physiological and Performance Adaptations. Part II. <i>Sports Medicine</i> , 2000, 30, 145-154.	6.5	223
5	Effects of Tapering on Performance. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 1358-1365.	0.4	216
6	Scientific Bases for Precompetition Tapering Strategies. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 1182-1187.	0.4	197
7	An Integrated, Multifactorial Approach to Periodization for Optimal Performance in Individual and Team Sports. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 538-561.	2.3	197
8	Effects of Training on Performance in Competitive Swimming. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1995, 20, 395-406.	1.7	169
9	Quantification of Training and Competition Loads in Endurance Sports: Methods and Applications. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, S2-9-S2-17.	2.3	97
10	Peaking for optimal performance: Research limitations and future directions. <i>Journal of Sports Sciences</i> , 2009, 27, 195-202.	2.0	81
11	Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. <i>Sports Medicine</i> , 2022, 52, 933-948.	6.5	78
12	Age-related differences in repeated-sprint ability in highly trained youth football players. <i>Journal of Sports Sciences</i> , 2009, 27, 1581-1590.	2.0	73
13	Contemporary Periodization of Altitude Training for Elite Endurance Athletes: A Narrative Review. <i>Sports Medicine</i> , 2019, 49, 1651-1669.	6.5	64
14	Strength Training for Middle- and Long-Distance Performance: A Meta-Analysis. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 57-64.	2.3	56
15	Effects of Increased Muscle Strength and Muscle Mass on Endurance-Cycling Performance. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 283-289.	2.3	50
16	A model study of optimal training reduction during pre-event taper in elite swimmers. <i>Journal of Sports Sciences</i> , 2008, 26, 643-652.	2.0	46
17	COVID-19 Lockdowns: A Worldwide Survey of Circadian Rhythms and Sleep Quality in 3911 Athletes from 49 Countries, with Data-Driven Recommendations. <i>Sports Medicine</i> , 2022, 52, 1433-1448.	6.5	45
18	Olympic Preparation of a World-Class Female Triathlete. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 727-731.	2.3	42

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19	The Alphabet of Sport Science Research Starts With Q. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 465-466.	2.3	41
20	Elite Swimmers'™ Training Patterns in the 25 Weeks Prior to Their Season'™s Best Performances: Insights Into Periodization From a 20-Years Cohort. <i>Frontiers in Physiology</i> , 2019, 10, 363.	2.8	39
21	Power profiling and the power-duration relationship in cycling: a narrative review. <i>European Journal of Applied Physiology</i> , 2022, 122, 301-316.	2.5	37
22	Maintaining Physical Performance: The Minimal Dose of Exercise Needed to Preserve Endurance and Strength Over Time. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1449-1458.	2.1	36
23	Do Olympic Athletes Train as in the Paleolithic Era?. <i>Sports Medicine</i> , 2013, 43, 909-917.	6.5	34
24	Nutrition for Recovery in Aquatic Sports. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014, 24, 425-436.	2.1	34
25	Warm-Up Intensity and Duration'™s Effect on Traditional Rowing Time-Trial Performance. <i>International Journal of Sports Physiology and Performance</i> , 2012, 7, 186-188.	2.3	32
26	Modelling of optimal training load patterns during the 11 weeks preceding major competition in elite swimmers. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 1106-1117.	1.9	31
27	Concurrent Training for Sports Performance: The 2 Sides of the Medal. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 279-285.	2.3	26
28	Training and Competition Readiness in Triathlon. <i>Sports</i> , 2019, 7, 101.	1.7	26
29	Tapering and Peaking Maximal Strength for Powerlifting Performance: A Review. <i>Sports</i> , 2020, 8, 125.	1.7	26
30	Nutrition and Training Adaptations in Aquatic Sports. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014, 24, 414-424.	2.1	25
31	Muscle Strength and Speed Performance in Youth Soccer Players. <i>Journal of Human Kinetics</i> , 2016, 50, 203-210.	1.5	25
32	Impact of COVID-19 on Swimming Training: Practical Recommendations during Home Confinement/Isolation. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 4767.	2.6	22
33	Power Profiling, Workload Characteristics, and Race Performance of U23 and Professional Cyclists During the Multistage Race Tour of the Alps. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1089-1095.	2.3	22
34	Lockdown Duration and Training Intensity Affect Sleep Behavior in an International Sample of 1,454 Elite Athletes. <i>Frontiers in Physiology</i> , 0, 13, .	2.8	22
35	Training Characteristics and Power Profile of Professional U23 Cyclists throughout a Competitive Season. <i>Sports</i> , 2020, 8, 167.	1.7	20
36	Effects of tapering on neuromuscular and metabolic fitness in team sports: a systematic review and meta-analysis. <i>European Journal of Sport Science</i> , 2021, 21, 300-311.	2.7	19

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37	Physiology and Training of a World-Champion Paratriathlete. <i>International Journal of Sports Physiology and Performance</i> , 2015, 10, 927-930.	2.3	18
38	Monitoring Athletes during Training Camps: Observations and Translatable Strategies from Elite Road Cyclists and Swimmers. <i>Sports</i> , 2018, 6, 63.	1.7	16
39	COVID-19 Lockdown: A Global Study Investigating the Effect of Athletes'™ Sport Classification and Sex on Training Practices. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 1242-1256.	2.3	16
40	Do Thirty-Second Post-activation Potentiation Exercises Improve the 50-m Freestyle Sprint Performance in Adolescent Swimmers?. <i>Frontiers in Physiology</i> , 2018, 9, 1464.	2.8	15
41	Overtraining Syndrome Symptoms and Diagnosis in Athletes: Where Is the Research? A Systematic Review. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 675-681.	2.3	15
42	Clinical, physical, physiological, and dietary patterns of obese and sedentary adults with primary hypertension characterized by sex and cardiorespiratory fitness: EXERDIET-HTA study. <i>Clinical and Experimental Hypertension</i> , 2018, 40, 141-149.	1.3	13
43	Case Study: Long-Term Low-Carbohydrate, High-Fat Diet Impairs Performance and Subjective Well-Being in a World-Class Vegetarian Long-Distance Triathlete. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 339-344.	2.1	13
44	Ramadan Observance Exacerbated the Negative Effects of COVID-19 Lockdown on Sleep and Training Behaviors: A International Survey on 1,681 Muslim Athletes. <i>Frontiers in Nutrition</i> , 0, 9, .	3.7	13
45	Short-term performance peaking in an elite cross-country mountain biker. <i>Journal of Sports Sciences</i> , 2017, 35, 1392-1395.	2.0	10
46	Effects of different aerobic exercise programs on cardiac autonomic modulation and hemodynamics in hypertension: data from EXERDIET-HTA randomized trial. <i>Journal of Human Hypertension</i> , 2020, 34, 709-718.	2.2	10
47	Skeletal Muscle Adaptations and Performance Outcomes Following a Step and Exponential Taper in Strength Athletes. <i>Frontiers in Physiology</i> , 2021, 12, 735932.	2.8	10
48	The Cycling Physiology of Miguel Indurain 14 Years After Retirement. <i>International Journal of Sports Physiology and Performance</i> , 2012, 7, 397-400.	2.3	9
49	Physical Activity, Sedentary Behavior, and Sleep Quality in Adults with Primary Hypertension and Obesity before and after an Aerobic Exercise Program: EXERDIET-HTA Study. <i>Life</i> , 2020, 10, 153.	2.4	9
50	Fitness Determinants of Repeated High-Intensity Effort Ability in Elite Rugby Union Players. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1103-1110.	2.3	9
51	Tapering for triathlon competition. <i>Journal of Human Sport and Exercise</i> , 2011, 6, 264-270.	0.4	9
52	Influence of COVID-19 Restrictions on Training and Physiological Characteristics in U23 Elite Cyclists. <i>Journal of Functional Morphology and Kinesiology</i> , 2022, 7, 1.	2.4	8
53	Neither Beetroot Juice Supplementation nor Increased Carbohydrate Oxidation Enhance Economy of Prolonged Exercise in Elite Race Walkers. <i>Nutrients</i> , 2021, 13, 2767.	4.1	7
54	Characterizing the Tapering Practices of United States and Canadian Raw Powerlifters. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, S26-S35.	2.1	7

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55	Reliability of a Repeated High-Intensity Effort Test for Elite Rugby Union Players. <i>Sports</i> , 2020, 8, 72.	1.7	6
56	Effects of Short-Term Concurrent Training Cessation on the Energy Cost of Running and Neuromuscular Performances in Middle-Distance Runners. <i>Sports</i> , 2021, 9, 1.	1.7	6
57	Heart Rate Variability in Elite Swimmers before, during and after COVID-19 Lockdown: A Brief Report on Time Domain Analysis. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 8106.	2.5	6
58	Blood markers of recovery from Ironman distance races in an elite triathlete. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 1057-1061.	0.7	5
59	Actigraphy-based sleep analysis in sedentary and overweight/obese adults with primary hypertension: data from the EXERDIET-HTA study. <i>Sleep and Breathing</i> , 2019, 23, 1265-1273.	1.7	5
60	Power Road-Derived Physical Performance Parameters in Junior, Under-23, and Professional Road Cycling Climbers. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 1094-1102.	2.3	5
61	Tapering and Repeated High-Intensity Effort Ability in Young Elite Rugby Union Players: Influence of Pretaper Fatigue Level. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 993-1000.	2.3	4
62	Climbing Performance in U23 and Professional Cyclists during a Multi-stage Race. <i>International Journal of Sports Medicine</i> , 2022, 43, 161-167.	1.7	4
63	Speeding up or Slowing Down? Analysis of Race Results in Elite-level Swimming from 2011-2019 to Predict Future Olympic Games Performances. <i>Measurement in Physical Education and Exercise Science</i> , 2022, 26, 130-140.	1.8	3
64	Preconditioning Activities to Enhance Repeated High-Intensity Efforts in Elite Rugby Union Players. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 871-878.	2.3	3
65	W5 Test: A simple method for measuring mean power output in the bench press exercise. <i>European Journal of Sport Science</i> , 2016, 16, 940-947.	2.7	2
66	The Effects of 3 vs. 5 Days of Training Cessation on Maximal Strength. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 633-640.	2.1	1
67	Thermal Strain During Open-Water Swimming Competition in Warm Water Environments. <i>Frontiers in Physiology</i> , 2021, 12, 785399.	2.8	1
68	Development And Validation Of A New Match-Fitness Test For Water Polo Players. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, S79.	0.4	0
69	Effects Of Exercise-induced Dehydration On Thermoregulation And Cycling Hill-climbing Performance. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, S169.	0.4	0