IÃ±igo Mujika

List of Publications by Year
in descending order

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69	3,809	218677	144013
papers	citations	26 h-index	57 g-index

71	71	71	2996
all docs	docs citations	times ranked	citing authors

#	ARTICLE	IF	CITATIONS
1	Climbing Performance in U23 and Professional Cyclists during a Multi-stage Race. International Journal of Sports Medicine, 2022, 43, 161-167.	1.7	4
2	Speeding up or Slowing Down? Analysis of Race Results in Elite-level Swimming from 2011-2019 to Predict Future Olympic Games Performances. Measurement in Physical Education and Exercise Science, 2022, 26, 130-140.	1.8	3
3	Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. Sports Medicine, 2022, 52, 933-948.	6.5	78
4	Power profiling and the power-duration relationship in cycling: a narrative review. European Journal of Applied Physiology, 2022, 122, 301-316.	2.5	37
5	Defining Training and Performance Caliber: A Participant Classification Framework. International Journal of Sports Physiology and Performance, 2022, 17, 317-331.	2.3	572
6	Overtraining Syndrome Symptoms and Diagnosis in Athletes: Where Is the Research? A Systematic Review. International Journal of Sports Physiology and Performance, 2022, 17, 675-681.	2.3	15
7	Preconditioning Activities to Enhance Repeated High-Intensity Efforts in Elite Rugby Union Players. International Journal of Sports Physiology and Performance, 2022, 17, 871-878.	2.3	3
8	COVID-19 Lockdowns: A Worldwide Survey of Circadian Rhythms and Sleep Quality in 3911 Athletes from 49 Countries, with Data-Driven Recommendations. Sports Medicine, 2022, 52, 1433-1448.	6.5	45
9	The Effects of 3 vs. 5 Days of Training Cessation on Maximal Strength. Journal of Strength and Conditioning Research, 2022, 36, 633-640.	2.1	1
10	Influence of COVID-19 Restrictions on Training and Physiological Characteristics in U23 Elite Cyclists. Journal of Functional Morphology and Kinesiology, 2022, 7, 1.	2.4	8
11	Power Road-Derived Physical Performance Parameters in Junior, Under-23, and Professional Road Cycling Climbers. International Journal of Sports Physiology and Performance, 2022, 17, 1094-1102.	2.3	5
12	COVID-19 Lockdown: A Global Study Investigating the Effect of Athletesâ€™ Sport Classification and Sex on Training Practices. International Journal of Sports Physiology and Performance, 2022, 17, 1242-1256.	2.3	16
13	Effects of tapering on neuromuscular and metabolic fitness in team sports: a systematic review and metaâ€analysis. European Journal of Sport Science, 2021, 21, 300-311.	2.7	19
14	Effects of Short-Term Concurrent Training Cessation on the Energy Cost of Running and Neuromuscular Performances in Middle-Distance Runners. Sports, 2021, 9, 1.	1.7	6
15	Maintaining Physical Performance: The Minimal Dose of Exercise Needed to Preserve Endurance and Strength Over Time. Journal of Strength and Conditioning Research, 2021, 35, 1449-1458.	2.1	36
16	Impact of COVID-19 on Swimming Training: Practical Recommendations during Home Confinement/Isolation. International Journal of Environmental Research and Public Health, 2021, 18, 4767.	2.6	22
17	Tapering and Repeated High-Intensity Effort Ability in Young Elite Rugby Union Players: Influence of Pretaper Fatigue Level. International Journal of Sports Physiology and Performance, 2021, 16, 993-1000.	2.3	4
18	Neither Beetroot Juice Supplementation nor Increased Carbohydrate Oxidation Enhance Economy of Prolonged Exercise in Elite Race Walkers. Nutrients, 2021, 13, 2767.	4.1	7

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19	Fitness Determinants of Repeated High-Intensity Effort Ability in Elite Rugby Union Players. International Journal of Sports Physiology and Performance, 2021, 16, 1103-1110.	2.3	9
20	Heart Rate Variability in Elite Swimmers before, during and after COVID-19 Lockdown: A Brief Report on Time Domain Analysis. Applied Sciences (Switzerland), 2021, 11, 8106.	2.5	6
21	Power Profiling, Workload Characteristics, and Race Performance of U23 and Professional Cyclists During the Multistage Race Tour of the Alps. International Journal of Sports Physiology and Performance, 2021, 16, 1089-1095.	2.3	22
22	Skeletal Muscle Adaptations and Performance Outcomes Following a Step and Exponential Taper in Strength Athletes. Frontiers in Physiology, 2021, 12, 735932.	2.8	10
23	Characterizing the Tapering Practices of United States and Canadian Raw Powerlifters. Journal of Strength and Conditioning Research, 2021, 35, S26-S35.	2.1	7
24	Thermal Strain During Open-Water Swimming Competition in Warm Water Environments. Frontiers in Physiology, 2021, 12, 785399.	2.8	1
25	Physical Activity, Sedentary Behavior, and Sleep Quality in Adults with Primary Hypertension and Obesity before and after an Aerobic Exercise Program: EXERDIET-HTA Study. Life, 2020, 10, 153.	2.4	9
26	Tapering and Peaking Maximal Strength for Powerlifting Performance: A Review. Sports, 2020, 8, 125.	1.7	26
27	Training Characteristics and Power Profile of Professional U23 Cyclists throughout a Competitive Season. Sports, 2020, 8, 167.	1.7	20
28	Reliability of a Repeated High-Intensity Effort Test for Elite Rugby Union Players. Sports, 2020, 8, 72.	1.7	6
29	Effects of different aerobic exercise programs on cardiac autonomic modulation and hemodynamics in hypertension: data from EXERDIET-HTA randomized trial. Journal of Human Hypertension, 2020, 34, 709-718.	2.2	10
30	Concurrent Training for Sports Performance: The 2 Sides of the Medal. International Journal of Sports Physiology and Performance, 2019, 14, 279-285.	2.3	26
31	Contemporary Periodization of Altitude Training for Elite Endurance Athletes: A Narrative Review. Sports Medicine, 2019, 49, 1651-1669.	6.5	64
32	Elite Swimmersâ€™ Training Patterns in the 25 Weeks Prior to Their Seasonâ€™s Best Performances: Insights Into Periodization From a 20-Years Cohort. Frontiers in Physiology, 2019, 10, 363.	2.8	39
33	Training and Competition Readiness in Triathlon. Sports, 2019, 7, 101.	1.7	26
34	Actigraphy-based sleep analysis in sedentary and overweight/obese adults with primary hypertension: data from the EXERDIET-HTA study. Sleep and Breathing, 2019, 23, 1265-1273.	1.7	5
35	Case Study: Long-Term Low-Carbohydrate, High-Fat Diet Impairs Performance and Subjective Well-Being in a World-Class Vegetarian Long-Distance Triathlete. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 339-344.	2.1	13
36	Recovery and Performance in Sport: Consensus Statement. International Journal of Sports Physiology and Performance, 2018, 13, 240-245.	2.3	350

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37	Strength Training for Middle- and Long-Distance Performance: A Meta-Analysis. International Journal of Sports Physiology and Performance, 2018, 13, 57-64.	2.3	56
38	Clinical, physical, physiological, and dietary patterns of obese and sedentary adults with primary hypertension characterized by sex and cardiorespiratory fitness: EXERDIET-HTA study. Clinical and Experimental Hypertension, 2018, 40, 141-149.	1.3	13
39	Do Thirty-Second Post-activation Potentiation Exercises Improve the 50-m Freestyle Sprint Performance in Adolescent Swimmers?. Frontiers in Physiology, 2018, 9, 1464.	2.8	15
40	An Integrated, Multifactorial Approach to Periodization for Optimal Performance in Individual and Team Sports. International Journal of Sports Physiology and Performance, 2018, 13, 538-561.	2.3	197
41	Monitoring Athletes during Training Camps: Observations and Translatable Strategies from Elite Road Cyclists and Swimmers. Sports, 2018, 6, 63.	1.7	16
42	Quantification of Training and Competition Loads in Endurance Sports: Methods and Applications. International Journal of Sports Physiology and Performance, 2017, 12, S2-9-S2-17.	2.3	97
43	Modelling of optimal training load patterns during the 11 weeks preceding major competition in elite swimmers. Applied Physiology, Nutrition and Metabolism, 2017, 42, 1106-1117.	1.9	31
44	Short-term performance peaking in an elite cross-country mountain biker. Journal of Sports Sciences, 2017, 35, 1392-1395.	2.0	10
45	Blood markers of recovery from Ironman distance races in an elite triathlete. Journal of Sports Medicine and Physical Fitness, 2017, 57, 1057-1061.	0.7	5
46	Muscle Strength and Speed Performance in Youth Soccer Players. Journal of Human Kinetics, 2016, 50, 203-210.	1.5	25
47	W5â€³ Test: A simple method for measuring mean power output in the bench press exercise. European Journal of Sport Science, 2016, 16, 940-947.	2.7	2
48	Effects of Increased Muscle Strength and Muscle Mass on Endurance-Cycling Performance. International Journal of Sports Physiology and Performance, 2016, 11, 283-289.	2.3	50
49	Physiology and Training of a World-Champion Paratriathlete. International Journal of Sports Physiology and Performance, 2015, 10, 927-930.	2.3	18
50	Nutrition and Training Adaptations in Aquatic Sports. International Journal of Sport Nutrition and Exercise Metabolism, 2014, 24, 414-424.	2.1	25
51	Nutrition for Recovery in Aquatic Sports. International Journal of Sport Nutrition and Exercise Metabolism, 2014, 24, 425-436.	2.1	34
52	Olympic Preparation of a World-Class Female Triathlete. International Journal of Sports Physiology and Performance, 2014, 9, 727-731.	2.3	42
53	Do Olympic Athletes Train as in the Paleolithic Era?. Sports Medicine, 2013, 43, 909-917.	6.5	34
54	The Alphabet of Sport Science Research Starts With Q. International Journal of Sports Physiology and Performance, 2013, 8, 465-466.	2.3	41

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55	The Cycling Physiology of Miguel Indurain 14 Years After Retirement. International Journal of Sports Physiology and Performance, 2012, 7, 397-400.	2.3	9
56	Warm-Up Intensity and Durationâ€™s Effect on Traditional Rowing Time-Trial Performance. International Journal of Sports Physiology and Performance, 2012, 7, 186-188.	2.3	32
57	Tapering for triathlon competition. Journal of Human Sport and Exercise, 2011, 6, 264-270.	0.4	9
58	Peaking for optimal performance: Research limitations and future directions. Journal of Sports Sciences, 2009, 27, 195-202.	2.0	81
59	Age-related differences in repeated-sprint ability in highly trained youth football players. Journal of Sports Sciences, 2009, 27, 1581-1590.	2.0	73
60	A model study of optimal training reduction during pre-event taper in elite swimmers. Journal of Sports Sciences, 2008, 26, 643-652.	2.0	46
61	Effects of Tapering on Performance. Medicine and Science in Sports and Exercise, 2007, 39, 1358-1365.	0.4	216
62	Development And Validation Of A New Match-Fitness Test For Water Polo Players. Medicine and Science in Sports and Exercise, 2005, 37, S79.	0.4	0
63	Effects Of Exercise-induced Dehydration On Thermoregulation And Cycling Hill-climbing Performance. Medicine and Science in Sports and Exercise, 2005, 37, S169.	0.4	0
64	Scientific Bases for Precompetition Tapering Strategies. Medicine and Science in Sports and Exercise, 2003, 35, 1182-1187.	0.4	197
65	Detraining: Loss of Training-Induced Physiological and Performance Adaptations. Part I. Sports Medicine, 2000, 30, 79-87.	6.5	471
66	Detraining: Loss of Training-Induced Physiological and Performance Adaptations. Part II. Sports Medicine, 2000, 30, 145-154.	6.5	223
67	Effects of Training on Performance in Competitive Swimming. Applied Physiology, Nutrition, and Metabolism, 1995, 20, 395-406.	1.7	169
68	Lockdown Duration and Training Intensity Affect Sleep Behavior in an International Sample of 1,454 Elite Athletes. Frontiers in Physiology, 0, 13, .	2.8	22
69	Ramadan Observance Exacerbated the Negative Effects of COVID-19 Lockdown on Sleep and Training Behaviors: A International Survey on 1,681 Muslim Athletes. Frontiers in Nutrition, 0, 9, .	3.7	13