Jan Hoff

List of Publications by Year
in descending order

69 papers	5,639 citations	126907 33 h-index	133252 59 g-index
70 all docs	70 docs citations	70 times ranked	5085 citing authors

#	Article	IF	Citations
1	Aerobic High-Intensity Intervals Improve VË™O2max More Than Moderate Training. Medicine and Science in Sports and Exercise, 2007, 39, 665-671.	0.4	897
2	Aerobic endurance training improves soccer performance. Medicine and Science in Sports and Exercise, 2001, 33, 1925-1931.	0.4	713
3	High intensity aerobic interval exercise is superior to moderate intensity exercise for increasing aerobic capacity in patients with coronary artery disease. European Journal of Cardiovascular Prevention and Rehabilitation, 2004, 11, 216-222.	2.8	529
4	Soccer specific aerobic endurance training. British Journal of Sports Medicine, 2002, 36, 218-221.	6.7	310
5	Strength and endurance of elite soccer players. Medicine and Science in Sports and Exercise, 1998, 30, 462-467.	0.4	299
6	Endurance and Strength Training for Soccer Players. Sports Medicine, 2004, 34, 165-180.	6.5	268
7	Maximal Strength Training Improves Running Economy in Distance Runners. Medicine and Science in Sports and Exercise, 2008, 40, 1087-1092.	0.4	208
8	Training and testing physical capacities for elite soccer players. Journal of Sports Sciences, 2005, 23, 573-582.	2.0	196
9	Human skeletal muscle intracellular oxygenation: the impact of ambient oxygen availability. Journal of Physiology, 2006, 571, 415-424.	2.9	169
10	Maximal strength training improves work economy in trained female cross-country skiers. Medicine and Science in Sports and Exercise, 1999, 31, 870-877.	0.4	129
11	Toward an Holistic Understanding of the Coaching Process. Quest, 2000, 52, 186-199.	1.2	122
12	Maximal strength-training effects on force-velocity and force-power relationships explain increases in aerobic performance in humans. European Journal of Applied Physiology, 2002, 88, 255-263.	2.5	113
13	Neural adaptations underlying cross-education after unilateral strength training. European Journal of Applied Physiology, 2009, 107, 723-730.	2.5	89
14	Maximal Strength Training of the Legs in COPD. Medicine and Science in Sports and Exercise, 2007, 39, 220-226.	0.4	84
15	Early Maximal Strength Training Is an Efficient Treatment for Patients Operated With Total Hip Arthroplasty. Archives of Physical Medicine and Rehabilitation, 2009, 90, 1658-1667.	0.9	84
16	Enhanced neural drive after maximal strength training in multiple sclerosis patients. European Journal of Applied Physiology, 2010, 110, 435-443.	2.5	84
17	The Effect of Age on the VË™O2max Response to High-Intensity Interval Training. Medicine and Science in Sports and Exercise, 2017, 49, 78-85.	0.4	70
18	Are there differences in running economy at different velocities for well-trained distance runners?. European Journal of Applied Physiology, 2010, 108, 1099-1105.	2.5	66

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19	Coordination, the determinant of velocity specificity?. Journal of Applied Physiology, 1996, 81, 2046-2052.	2.5	60
20	Effect of Aerobic High-Intensity Hybrid Training on Stroke Volume and Peak Oxygen Consumption in Men with Spinal Cord Injury. American Journal of Physical Medicine and Rehabilitation, 2011, 90, 407-414.	1.4	59
21	Effect of High Aerobic Intensity Interval Treadmill Walking in People With Chronic Stroke: A Pilot Study With One Year Follow-Up. Topics in Stroke Rehabilitation, 2012, 19, 353-360.	1.9	59
22	Effective training for patients with intermittent claudication. Scandinavian Cardiovascular Journal, 2005, 39, 244-249.	1.2	57
23	Maximal Strength Training Enhances Strength and Functional Performance in Chronic Stroke Survivors. American Journal of Physical Medicine and Rehabilitation, 2012, 91, 393-400.	1.4	55
24	Maximal strength training improves work economy, rate of force development and maximal strength more than conventional strength training. European Journal of Applied Physiology, 2013, 113, 1565-1573.	2.5	55
25	Combined strength and endurance training in competitive swimmers. Journal of Sports Science and Medicine, 2009, 8, 357-65.	1.6	53
26	Unilateral arm strength training improves contralateral peak force and rate of force development. European Journal of Applied Physiology, 2008, 103, 553-559.	2.5	51
27	Aerobic high intensity one and two legs interval cycling in chronic obstructive pulmonary disease: the sum of the parts is greater than the whole. European Journal of Applied Physiology, 2009, 106, 501-507.	2.5	48
28	Functional maximal strength training induces neural transfer to single-joint tasks. European Journal of Applied Physiology, 2009, 107, 21-29.	2.5	47
29	Exercise-training-induced changes in metabolic capacity with age: the role of central cardiovascular plasticity. Age, 2014, 36, 665-676.	3.0	44
30	Neuromuscular performance of paretic versus non-paretic plantar flexors after stroke. European Journal of Applied Physiology, 2011, 111, 3041-3049.	2.5	43
31	Impact of maximal strength training on work efficiency and muscle fiber type in the elderly: Implications for physical function and fall prevention. Experimental Gerontology, 2017, 91, 64-71.	2.8	42
32	Evidence that a higher ATP cost of muscular contraction contributes to the lower mechanical efficiency associated with COPD: preliminary findings. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2011, 300, R1142-R1147.	1.8	38
33	Early Postoperative Maximal Strength Training Improves Work Efficiency 6â€"12 Months after Osteoarthritis-Induced Total Hip Arthroplasty in Patients Younger Than 60 Years. American Journal of Physical Medicine and Rehabilitation, 2010, 89, 304-314.	1.4	37
34	Lifelong strength training mitigates the age-related decline in efferent drive. Journal of Applied Physiology, 2016, 121, 415-423.	2.5	36
35	Plantar flexion: an effective training for peripheral arterial disease. European Journal of Applied Physiology, 2008, 104, 749-756.	2.5	34
36	MRS Evidence of Adequate O2 Supply in Human Skeletal Muscle at the Onset of Exercise. Medicine and Science in Sports and Exercise, 2015, 47, 2299-2307.	0.4	32

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37	Neural Plasticity with Age: Unilateral Maximal Strength Training Augments Efferent Neural Drive to the Contralateral Limb in Older Adults. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2018, 73, 596-602.	3.6	31
38	The Effect of Physical Activity on Passive Leg Movementâ€“Induced Vasodilation with Age. Medicine and Science in Sports and Exercise, 2016, 48, 1548-1557.	0.4	29
39	Increased Blood Lactate Level Deteriorates Running Economy in World Class Endurance Athletes. Journal of Strength and Conditioning Research, 2016, 30, 1373-1378.	2.1	26
40	Determinants of the diminished exercise capacity in patients with chronic obstructive pulmonary disease: looking beyond the lungs. Journal of Physiology, 2020, 598, 599-610.	2.9	26
41	Test-Retest Reliability of V-Wave Responses in the Soleus and Gastrocnemius Medialis. Journal of Clinical Neurophysiology, 2011, 28, 217-221.	1.7	22
42	Maximal strength training as physical rehabilitation for patients with substance use disorder; a randomized controlled trial. BMC Sports Science, Medicine and Rehabilitation, 2016, 8, 7.	1.7	22
43	Maximal strength training: the impact of eccentric overload. Journal of Neurophysiology, 2018, 120, 2868-2876.	1.8	21
44	Functional Performance With Age: The Role of Long-Term Strength Training. Journal of Geriatric Physical Therapy, 2019, 42, 115-122.	1.1	20
45	Plantar flexion training primes peripheral arterial disease patients for improvements in cardiac function. European Journal of Applied Physiology, 2009, 106, 207-215.	2.5	18
46	Effects of High-Intensity Endurance Training on Maximal Oxygen Consumption in Healthy Elderly People. Journal of Applied Gerontology, 2005, 24, 377-387.	2.0	17
47	Patients with coronary artery- or chronic obstructive pulmonary disease walk with mechanical inefficiency. Scandinavian Cardiovascular Journal, 2007, 41, 405-410.	1.2	17
48	No effect of prior caffeine ingestion on neuromuscular recovery after maximal fatiguing contractions. European Journal of Applied Physiology, 2010, 108, 123-130.	2.5	17
49	Arm Crank and Wheelchair Ergometry Produce Similar Peak Oxygen Uptake but Different Work Economy Values in Individuals with Spinal Cord Injury. BioMed Research International, 2016, 2016, 1-7.	1.9	17
50	Aerobic interval training improves VO_{2peak}in coronary artery disease patients; no additional effect from hyperoxia. Scandinavian Cardiovascular Journal, 2008, 42, 303-309.	1.2	14
51	Ultrasound recorded axillary artery blood flow during elbow-flexion exercise. Medicine and Science in Sports and Exercise, 2002, 34, 1288-1293.	0.4	12
52	Early Maximal Strength Training Improves Leg Strength and Postural Stability in Elderly Following Hip Fracture Surgery. Geriatric Orthopaedic Surgery and Rehabilitation, 2021, 12, 215145932110151.	1.4	11
53	Unilateral vs. bilateral total hip arthroplasty â€“ the influence of medial femoral head offset and effects on strength and aerobic endurance capacity. HIP International, 2010, 20, 204-214.	1.7	9
54	One-arm maximal strength training improves work economy and endurance capacity but not skeletal muscle blood flow. Journal of Sports Sciences, 2011, 29, 161-170.	2.0	7

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55	Smartphone-Assisted High-Intensity Interval Training in Inflammatory Rheumatic Disease Patients: Randomized Controlled Trial. JMIR MHealth and UHealth, 2021, 9, e28124.	3.7	7
56	High-Intensity Shoulder Abduction Exercise in Subacromial Pain Syndrome. Medicine and Science in Sports and Exercise, 2021, 53, 1-9.	0.4	6
57	Prediction of upper extremity peak oxygen consumption from heart rate during submaximal arm cycling in young and middle-aged adults. European Journal of Applied Physiology, 2019, 119, 2589-2598.	2.5	5
58	Arm Cycling Combined with Passive Leg Cycling Enhances VO_{2peak}in Persons with Spinal Cord Injury Above the Sixth Thoracic Vertebra. Topics in Spinal Cord Injury Rehabilitation, 2018, 24, 86-95.	1.8	4
59	Skeletal Muscle O2 Availability Regulates Myoglobin And Phosphocreatine Recovery Following Exercise In Humans. Medicine and Science in Sports and Exercise, 2005, 37, S59.	0.4	1
60	Chronic Obstructive Pulmonary Disease And Skeletal Muscle Energetics During Exercise: A 31p-mrs Study. Medicine and Science in Sports and Exercise, 2011, 43, 463.	0.4	0
61	Fountain of Youth: High Intensity Aerobic Endurance Training. Medicine and Science in Sports and Exercise, 2011, 43, 518.	0.4	0
62	Response. Medicine and Science in Sports and Exercise, 2015, 47, 2481-2482.	0.4	0
63	Physical Fitness Protects Against Age-Related Vascular Dysfunction in the Lower Limb. Medicine and Science in Sports and Exercise, 2017, 49, 810.	0.4	0
64	Hyperoxia during High Intensity Aerobic Training and Testing in Patients with Chronic Obstructive Pulmonary Disease. Medicine and Science in Sports and Exercise, 2006, 38, S535.	0.4	0
65	Differential Response to Aerobic Endurance Training at Different Intensities. Medicine and Science in Sports and Exercise, 2006, 38, S488.	0.4	0
66	Muscle Metabolic And Oxygenation Responses To Exerise Transitions. Medicine and Science in Sports and Exercise, 2007, 39, S408.	0.4	0
67	Vo2peak And Stroke Volume Are Enhanced By Interval Hybrid Training In Spinal Cord Injured Individuals.. Medicine and Science in Sports and Exercise, 2009, 41, 178.	0.4	0
68	Determinants of Peak Oxygen Uptake in Patients with Chronic Obstructive Pulmonary Disease: Looking Beyond the Lungs. FASEB Journal, 2019, 33, 696.9.	0.5	0
69	Exercise Training In Chronic Obstructive Pulmonary Disease: Examining The Plasticity Of Oxygen Transport Limitations To VO 2peak. Medicine and Science in Sports and Exercise, 2020, 52, 832-833.	0.4	0