

List of Publications by Citations

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**Version:** 2024-04-10

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

62 papers	4,334 citations	31 h-index	65 g-index
70 ext. papers	4,861 ext. citations	2.4 avg, IF	5.21 L-index

#	Paper	IF	Citations
62	Aerobic high-intensity intervals improve VO2max more than moderate training. <i>Medicine and Science in Sports and Exercise</i> , <b>2007</b> , 39, 665-71	1.2	696
61	Aerobic endurance training improves soccer performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, 1925-31	1.2	522
60	High intensity aerobic interval exercise is superior to moderate intensity exercise for increasing aerobic capacity in patients with coronary artery disease. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , <b>2004</b> , 11, 216-22		432
59	Soccer specific aerobic endurance training. <i>British Journal of Sports Medicine</i> , <b>2002</b> , 36, 218-21	10.3	233
58	Strength and endurance of elite soccer players. <i>Medicine and Science in Sports and Exercise</i> , <b>1998</b> , 30, 462-7	1.2	220
57	Endurance and strength training for soccer players: physiological considerations. <i>Sports Medicine</i> , <b>2004</b> , 34, 165-80	10.6	191
56	Maximal strength training improves running economy in distance runners. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, 1087-92	1.2	171
55	Training and testing physical capacities for elite soccer players. <i>Journal of Sports Sciences</i> , <b>2005</b> , 23, 573-82	3.6	138
54	Human skeletal muscle intracellular oxygenation: the impact of ambient oxygen availability. <i>Journal of Physiology</i> , <b>2006</b> , 571, 415-24	3.9	138
53	Maximal strength training improves work economy in trained female cross-country skiers. <i>Medicine and Science in Sports and Exercise</i> , <b>1999</b> , 31, 870-7	1.2	107
52	Toward an Holistic Understanding of the Coaching Process. <i>Quest</i> , <b>2000</b> , 52, 186-199	2.2	103
51	Maximal strength-training effects on force-velocity and force-power relationships explain increases in aerobic performance in humans. <i>European Journal of Applied Physiology</i> , <b>2002</b> , 88, 255-63	3.4	89
50	Neural adaptations underlying cross-education after unilateral strength training. <i>European Journal of Applied Physiology</i> , <b>2009</b> , 107, 723-30	3.4	79
49	Maximal strength training of the legs in COPD: a therapy for mechanical inefficiency. <i>Medicine and Science in Sports and Exercise</i> , <b>2007</b> , 39, 220-6	1.2	71
48	Early maximal strength training is an efficient treatment for patients operated with total hip arthroplasty. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2009</b> , 90, 1658-67	2.8	69
47	Enhanced neural drive after maximal strength training in multiple sclerosis patients. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 110, 435-43	3.4	67
46	Are there differences in running economy at different velocities for well-trained distance runners?. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 108, 1099-105	3.4	54

45	Effective training for patients with intermittent claudication. <i>Scandinavian Cardiovascular Journal</i> , <b>2005</b> , 39, 244-9	2	54
44	Coordination, the determinant of velocity specificity?. <i>Journal of Applied Physiology</i> , <b>1996</b> , 81, 2046-52	3.7	48
43	The Effect of Age on the $\dot{V}O_{2\max}$ Response to High-Intensity Interval Training. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 78-85	1.2	46
42	Effect of high aerobic intensity interval treadmill walking in people with chronic stroke: a pilot study with one year follow-up. <i>Topics in Stroke Rehabilitation</i> , <b>2012</b> , 19, 353-60	2.6	45
41	Effect of aerobic high-intensity hybrid training on stroke volume and peak oxygen consumption in men with spinal cord injury. <i>American Journal of Physical Medicine and Rehabilitation</i> , <b>2011</b> , 90, 407-14	2.6	44
40	Combined strength and endurance training in competitive swimmers. <i>Journal of Sports Science and Medicine</i> , <b>2009</b> , 8, 357-65	2.7	43
39	Maximal strength training enhances strength and functional performance in chronic stroke survivors. <i>American Journal of Physical Medicine and Rehabilitation</i> , <b>2012</b> , 91, 393-400	2.6	42
38	Unilateral arm strength training improves contralateral peak force and rate of force development. <i>European Journal of Applied Physiology</i> , <b>2008</b> , 103, 553-9	3.4	42
37	Functional maximal strength training induces neural transfer to single-joint tasks. <i>European Journal of Applied Physiology</i> , <b>2009</b> , 107, 21-9	3.4	40
36	Maximal strength training improves work economy, rate of force development and maximal strength more than conventional strength training. <i>European Journal of Applied Physiology</i> , <b>2013</b> , 113, 1565-73	3.4	39
35	Aerobic high intensity one and two legs interval cycling in chronic obstructive pulmonary disease: the sum of the parts is greater than the whole. <i>European Journal of Applied Physiology</i> , <b>2009</b> , 106, 501-7	3.4	39
34	Exercise-training-induced changes in metabolic capacity with age: the role of central cardiovascular plasticity. <i>Age</i> , <b>2014</b> , 36, 665-76		36
33	Neuromuscular performance of paretic versus non-paretic plantar flexors after stroke. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 3041-9	3.4	36
32	Plantar flexion: an effective training for peripheral arterial disease. <i>European Journal of Applied Physiology</i> , <b>2008</b> , 104, 749-56	3.4	33
31	Evidence that a higher ATP cost of muscular contraction contributes to the lower mechanical efficiency associated with COPD: preliminary findings. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2011</b> , 300, R1142-7	3.2	31
30	Impact of maximal strength training on work efficiency and muscle fiber type in the elderly: Implications for physical function and fall prevention. <i>Experimental Gerontology</i> , <b>2017</b> , 91, 64-71	4.5	29
29	MRS Evidence of Adequate O <sub>2</sub> Supply in Human Skeletal Muscle at the Onset of Exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 2299-307	1.2	28
28	Early postoperative maximal strength training improves work efficiency 6-12 months after osteoarthritis-induced total hip arthroplasty in patients younger than 60 years. <i>American Journal of Physical Medicine and Rehabilitation</i> , <b>2010</b> , 89, 304-14	2.6	26

27	Lifelong strength training mitigates the age-related decline in efferent drive. <i>Journal of Applied Physiology</i> , <b>2016</b> , 121, 415-23	3.7	24
26	Test-retest reliability of v-wave responses in the soleus and gastrocnemius medialis. <i>Journal of Clinical Neurophysiology</i> , <b>2011</b> , 28, 217-21	2.2	21
25	Neural Plasticity with Age: Unilateral Maximal Strength Training Augments Efferent Neural Drive to the Contralateral Limb in Older Adults. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2018</b> , 73, 596-602	6.4	19
24	Increased Blood Lactate Level Deteriorates Running Economy in World Class Endurance Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 1373-8	3.2	18
23	The Effect of Physical Activity on Passive Leg Movement-Induced Vasodilation with Age. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 1548-57	1.2	17
22	Patients with coronary artery- or chronic obstructive pulmonary disease walk with mechanical inefficiency. <i>Scandinavian Cardiovascular Journal</i> , <b>2007</b> , 41, 405-10	2	15
21	Plantar flexion training primes peripheral arterial disease patients for improvements in cardiac function. <i>European Journal of Applied Physiology</i> , <b>2009</b> , 106, 207-15	3.4	14
20	No effect of prior caffeine ingestion on neuromuscular recovery after maximal fatiguing contractions. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 108, 123-30	3.4	13
19	Determinants of the diminished exercise capacity in patients with chronic obstructive pulmonary disease: looking beyond the lungs. <i>Journal of Physiology</i> , <b>2020</b> , 598, 599-610	3.9	13
18	Maximal strength training as physical rehabilitation for patients with substance use disorder; a randomized controlled trial. <i>BMC Sports Science, Medicine and Rehabilitation</i> , <b>2016</b> , 8, 7	2.4	12
17	Effects of High-Intensity Endurance Training on Maximal Oxygen Consumption in Healthy Elderly People. <i>Journal of Applied Gerontology</i> , <b>2005</b> , 24, 377-387	3.3	12
16	Arm Crank and Wheelchair Ergometry Produce Similar Peak Oxygen Uptake but Different Work Economy Values in Individuals with Spinal Cord Injury. <i>BioMed Research International</i> , <b>2016</b> , 2016, 5481843	2.3	12
15	Aerobic interval training improves VO2 peak in coronary artery disease patients; no additional effect from hyperoxia. <i>Scandinavian Cardiovascular Journal</i> , <b>2008</b> , 42, 303-9	2	11
14	Ultrasound recorded axillary artery blood flow during elbow-flexion exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 1288-93	1.2	11
13	Functional Performance With Age: The Role of Long-Term Strength Training. <i>Journal of Geriatric Physical Therapy</i> , <b>2019</b> , 42, 115-122	3.2	11
12	Maximal strength training: the impact of eccentric overload. <i>Journal of Neurophysiology</i> , <b>2018</b> , 120, 2868-2876	3.2	11
11	Unilateral vs. bilateral total hip arthroplasty - the influence of medial femoral head offset and effects on strength and aerobic endurance capacity. <i>HIP International</i> , <b>2010</b> , 20, 204-14	1.7	8
10	One-arm maximal strength training improves work economy and endurance capacity but not skeletal muscle blood flow. <i>Journal of Sports Sciences</i> , <b>2011</b> , 29, 161-70	3.6	6

9	Early Maximal Strength Training Improves Leg Strength and Postural Stability in Elderly Following Hip Fracture Surgery. <i>Geriatric Orthopaedic Surgery and Rehabilitation</i> , <b>2021</b> , 12, 21514593211015103	2	2
8	Arm Cycling Combined with Passive Leg Cycling Enhances VO in Persons with Spinal Cord Injury Above the Sixth Thoracic Vertebra. <i>Topics in Spinal Cord Injury Rehabilitation</i> , <b>2018</b> , 24, 86-95	1.5	1
7	Smartphone-Assisted High-Intensity Interval Training in Inflammatory Rheumatic Disease Patients: Randomized Controlled Trial. <i>JMIR MHealth and UHealth</i> , <b>2021</b> , 9, e28124	5.5	1
6	Prediction of upper extremity peak oxygen consumption from heart rate during submaximal arm cycling in young and middle-aged adults. <i>European Journal of Applied Physiology</i> , <b>2019</b> , 119, 2589-2598	3.4	0
5	High-Intensity Shoulder Abduction Exercise in Subacromial Pain Syndrome. <i>Medicine and Science in Sports and Exercise</i> , <b>2021</b> , 53, 1-9	1.2	0
4	Physical Fitness Protects Against Age-Related Vascular Dysfunction in the Lower Limb. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 810	1.2	
3	Response. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 2481-2	1.2	
2	Exercise Training In Chronic Obstructive Pulmonary Disease: Examining The Plasticity Of Oxygen Transport Limitations To VO 2peak. <i>Medicine and Science in Sports and Exercise</i> , <b>2020</b> , 52, 832-833	1.2	
1	Determinants of Peak Oxygen Uptake in Patients with Chronic Obstructive Pulmonary Disease: Looking Beyond the Lungs. <i>FASEB Journal</i> , <b>2019</b> , 33, 696.9	0.9	