

Ãyvind Sandbakk

List of Publications by Year in descending order

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Version: 2024-02-01

117
papers

2,657
citations

218677

26
h-index

223800

46
g-index

117
all docs

117
docs citations

117
times ranked

1538
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | 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 |
| 2 | A Comparison of Double Poling Physiology and Kinematics Between Long-Distance and All-Round Cross-Country Skiers. <i>Frontiers in Sports and Active Living</i> , 2022, 4, 849731. | 1.8 | 1 |
| 3 | COVID-19 Lockdown: A Global Study Investigating the Effect of Athletesâ€™ Sport Classification and Sex on Training Practices. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 1242-1256. | 2.3 | 16 |
| 4 | Metabolic load comparison between the quarters of a game in elite male basketball players using sport metabolomics. <i>European Journal of Sport Science</i> , 2021, 21, 1022-1034. | 2.7 | 11 |
| 5 | Effects of including sprints during prolonged cycling on hormonal and muscular responses and recovery in elite cyclists. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 529-541. | 2.9 | 4 |
| 6 | The Training Characteristics of World-Class Male Long-Distance Cross-Country Skiers. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 641389. | 1.8 | 9 |
| 7 | Physiological and Biomechanical Determinants of Sprint Ability Following Variable Intensity Exercise When Roller Ski Skating. <i>Frontiers in Physiology</i> , 2021, 12, 638499. | 2.8 | 8 |
| 8 | Choice of Pole and Ski Lengths Among Elite Cross-Country Skiers: The Influence of Sex and Performance Level. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 654864. | 1.8 | 0 |
| 9 | Effects of Including Sprints in LIT Sessions during a 14-d Camp on Muscle Biology and Performance Measures in Elite Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 2333-2345. | 0.4 | 5 |
| 10 | Performance-Determining Variables in Long-Distance Events: Should They Be Determined From a Rested State or After Prolonged Submaximal Exercise?. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 647-654. | 2.3 | 5 |
| 11 | Preparing for the Nordic Skiing Events at the Beijing Olympics in 2022: Evidence-Based Recommendations and Unanswered Questions. <i>Journal of Science in Sport and Exercise</i> , 2021, 3, 257-269. | 1.0 | 2 |
| 12 | Crossing the Golden Training Divide: The Science and Practice of Training World-Class 800- and 1500-m Runners. <i>Sports Medicine</i> , 2021, 51, 1835-1854. | 6.5 | 31 |
| 13 | Exploring intensity-dependent modulations in EEG resting-state network efficiency induced by exercise. <i>European Journal of Applied Physiology</i> , 2021, 121, 2423-2435. | 2.5 | 11 |
| 14 | Sex differences in sleep and influence of the menstrual cycle on womenâ€™s sleep in junior endurance athletes. <i>PLoS ONE</i> , 2021, 16, e0253376. | 2.5 | 11 |
| 15 | Mechanical energy and propulsion mechanics in roller-skiing double-poling at increasing speeds. <i>PLoS ONE</i> , 2021, 16, e0255202. | 2.5 | 3 |
| 16 | Framework for In-Field Analyses of Performance and Sub-Technique Selection in Standing Para Cross-Country Skiers. <i>Sensors</i> , 2021, 21, 4876. | 3.8 | 2 |
| 17 | Laboratory- and field-based performance-predictions in cross-country skiing and roller-skiing. <i>PLoS ONE</i> , 2021, 16, e0256662. | 2.5 | 12 |
| 18 | Estimation of Mechanical Power Output Employing Deep Learning on Inertial Measurement Data in Roller Ski Skating. <i>Sensors</i> , 2021, 21, 6500. | 3.8 | 7 |

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|----|--|-----|-----------|
| 19 | Physiological and Biomechanical Responses to Cross-Country Skiing in Varying Terrain: Low- vs. High-Intensity. <i>Frontiers in Physiology</i> , 2021, 12, 741573. | 2.8 | 3 |
| 20 | Pole Length Influences Performance During On-Snow Skating in Female Cross-Country Skiers. <i>Journal of Science in Sport and Exercise</i> , 2021, 3, 348. | 1.0 | 0 |
| 21 | Comparison of Physiological and Biomechanical Responses to Flat and Uphill Cross-Country Sit-Skiing in Able-Bodied Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1596-1602. | 2.3 | 0 |
| 22 | Strength Determinants of Jump Height in the Jump Throw Movement in Women Handball Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2937-2946. | 2.1 | 6 |
| 23 | Sex-based differences in sub-technique selection during an international classical cross-country skiing competition. <i>PLoS ONE</i> , 2020, 15, e0239862. | 2.5 | 11 |
| 24 | Intensity Control During Block-Periodized High-Intensity Training: Heart Rate and Lactate Concentration During Three Annual Seasons in World-Class Cross-Country Skiers. <i>Frontiers in Sports and Active Living</i> , 2020, 2, 549407. | 1.8 | 6 |
| 25 | Player load in male elite soccer: Comparisons of patterns between matches and positions. <i>PLoS ONE</i> , 2020, 15, e0239162. | 2.5 | 4 |
| 26 | Contribution from cross-country skiing, start time and shooting components to the overall and isolated biathlon pursuit race performance. <i>PLoS ONE</i> , 2020, 15, e0239057. | 2.5 | 8 |
| 27 | Comparison of Peak Oxygen Uptake Between Upper-Body Exercise Modes: A Systematic Literature Review and Meta-Analysis. <i>Frontiers in Physiology</i> , 2020, 11, 412. | 2.8 | 5 |
| 28 | Energetic Cost and Kinematics of Pushing a Stroller on Flat and Uphill Terrain. <i>Frontiers in Physiology</i> , 2020, 11, 574. | 2.8 | 3 |
| 29 | The Effect of 30-Second Sprints During Prolonged Exercise on Gross Efficiency, Electromyography, and Pedaling Technique in Elite Cyclists. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 562-570. | 2.3 | 4 |
| 30 | Reciprocal Associations Between Sleep, Mental Strain, and Training Load in Junior Endurance Athletes and the Role of Poor Subjective Sleep Quality. <i>Frontiers in Psychology</i> , 2020, 11, 545581. | 2.1 | 13 |
| 31 | Title is missing!. , 2020, 15, e0239057. | | 0 |
| 32 | Title is missing!. , 2020, 15, e0239057. | | 0 |
| 33 | Title is missing!. , 2020, 15, e0239057. | | 0 |
| 34 | Title is missing!. , 2020, 15, e0239057. | | 0 |
| 35 | Title is missing!. , 2020, 15, e0239057. | | 0 |
| 36 | Title is missing!. , 2020, 15, e0239057. | | 0 |

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|----|---|-----|-----------|
| 37 | Player load in male elite soccer: Comparisons of patterns between matches and positions. , 2020, 15, e0239162. | | 0 |
| 38 | Player load in male elite soccer: Comparisons of patterns between matches and positions. , 2020, 15, e0239162. | | 0 |
| 39 | Player load in male elite soccer: Comparisons of patterns between matches and positions. , 2020, 15, e0239162. | | 0 |
| 40 | Player load in male elite soccer: Comparisons of patterns between matches and positions. , 2020, 15, e0239162. | | 0 |
| 41 | Player load in male elite soccer: Comparisons of patterns between matches and positions. , 2020, 15, e0239162. | | 0 |
| 42 | Player load in male elite soccer: Comparisons of patterns between matches and positions. , 2020, 15, e0239162. | | 0 |
| 43 | The Contribution From Cross-Country Skiing and Shooting Variables on Performance-Level and Sex Differences in Biathlon World Cup Individual Races. International Journal of Sports Physiology and Performance, 2019, 14, 190-195. | 2.3 | 20 |
| 44 | Comparison of Short-Sprint and Heavy Strength Training on Cycling Performance. Frontiers in Physiology, 2019, 10, 1132. | 2.8 | 9 |
| 45 | Effects of different increments in workload and duration on peak physiological responses during seated upper-body poling. European Journal of Applied Physiology, 2019, 119, 2025-2031. | 2.5 | 3 |
| 46 | Assessment of Basic Motions and Technique Identification in Classical Cross-Country Skiing. Frontiers in Psychology, 2019, 10, 1260. | 2.1 | 14 |
| 47 | Mechanical energetics and dynamics of uphill double-poling on roller-skis at different incline-speed combinations. PLoS ONE, 2019, 14, e0212500. | 2.5 | 17 |
| 48 | The Interval-Based Physiological and Mechanical Demands of Cross-Country Ski Training. International Journal of Sports Physiology and Performance, 2019, 14, 1371-1377. | 2.3 | 15 |
| 49 | Block vs. Traditional Periodization of HIT: Two Different Paths to Success for the World's Best Cross-Country Skier. Frontiers in Physiology, 2019, 10, 375. | 2.8 | 27 |
| 50 | Analysis of a Biathlon Sprint Competition and Associated Laboratory Determinants of Performance. Frontiers in Sports and Active Living, 2019, 1, 60. | 1.8 | 11 |
| 51 | Development of a Framework for the Investigation of Speed, Power, and Kinematic Patterns in Para Cross-Country Sit-Skiing: A Case Study of an LW12 Athlete. Frontiers in Sports and Active Living, 2019, 1, 4. | 1.8 | 3 |
| 52 | The Training and Development of Elite Sprint Performance: an Integration of Scientific and Best Practice Literature. Sports Medicine - Open, 2019, 5, 44. | 3.1 | 128 |
| 53 | The Effect of Maximal Speed Ability, Pacing Strategy, and Technique on the Finish Sprint of a Sprint Cross-Country Skiing Competition. International Journal of Sports Physiology and Performance, 2019, 14, 788-795. | 2.3 | 15 |
| 54 | Sex Differences in World-Record Performance: The Influence of Sport Discipline and Competition Duration. International Journal of Sports Physiology and Performance, 2018, 13, 2-8. | 2.3 | 87 |

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|----|--|-----|-----------|
| 55 | New Records in Human Power. International Journal of Sports Physiology and Performance, 2018, 13, 678-686. | 2.3 | 51 |
| 56 | On the Importance of "Front-Side Mechanics" in Athletics Sprinting. International Journal of Sports Physiology and Performance, 2018, 13, 420-427. | 2.3 | 29 |
| 57 | The effect of exercise intensity on joint power and dynamics in ergometer double-poling performed by cross-country skiers. Human Movement Science, 2018, 57, 83-93. | 1.4 | 10 |
| 58 | Comparison of the Effects of Performance Level and Sex on Sprint Performance in the Biathlon World Cup. International Journal of Sports Physiology and Performance, 2018, 13, 360-366. | 2.3 | 31 |
| 59 | Sex-based differences in speed, sub-technique selection, and kinematic patterns during low- and high-intensity training for classical cross-country skiing. PLoS ONE, 2018, 13, e0207195. | 2.5 | 36 |
| 60 | Examination of gas exchange and blood lactate thresholds in Paralympic athletes during upper-body poling. PLoS ONE, 2018, 13, e0205588. | 2.5 | 3 |
| 61 | Let's Close the Gap Between Research and Practice to Discover New Land Together!. International Journal of Sports Physiology and Performance, 2018, 13, 961. | 2.3 | 11 |
| 62 | Automatic Classification of Sub-Techniques in Classical Cross-Country Skiing Using a Machine Learning Algorithm on Micro-Sensor Data. Sensors, 2018, 18, 75. | 3.8 | 36 |
| 63 | The influence of increased distal loading on metabolic cost, efficiency, and kinematics of roller ski skating. PLoS ONE, 2018, 13, e0197592. | 2.5 | 5 |
| 64 | Comparison of peak oxygen uptake and exercise efficiency between upper-body poling and arm crank ergometry in trained paraplegic and able-bodied participants. European Journal of Applied Physiology, 2018, 118, 1857-1867. | 2.5 | 12 |
| 65 | Power Production and Biochemical Markers of Metabolic Stress and Muscle Damage Following a Single Bout of Short-Sprint and Heavy Strength Exercise in Well-Trained Cyclists. Frontiers in Physiology, 2018, 9, 155. | 2.8 | 4 |
| 66 | Effects of Initial Performance, Gross Efficiency and O ₂ peak Characteristics on Subsequent Adaptations to Endurance Training in Competitive Cyclists. Frontiers in Physiology, 2018, 9, 713. | 2.8 | 8 |
| 67 | The Long-Term Development of Training, Technical, and Physiological Characteristics of an Olympic Champion in Nordic Combined. Frontiers in Physiology, 2018, 9, 931. | 2.8 | 14 |
| 68 | Exercise-induced trunk fatigue decreases double poling performance in well-trained cross-country skiers. European Journal of Applied Physiology, 2018, 118, 2077-2087. | 2.5 | 12 |
| 69 | The effect of exhaustive exercise on the choice of technique and physiological response in classical roller skiing. European Journal of Applied Physiology, 2018, 118, 2385-2392. | 2.5 | 5 |
| 70 | Peak oxygen uptake in Paralympic sitting sports: A systematic literature review, meta- and pooled-data analysis. PLoS ONE, 2018, 13, e0192903. | 2.5 | 40 |
| 71 | The Evolution of Champion Cross-Country-Skier Training: From Lumberjacks to Professional Athletes. International Journal of Sports Physiology and Performance, 2017, 12, 254-259. | 2.3 | 20 |
| 72 | Physiological Capacity and Training Routines of Elite Cross-Country Skiers: Approaching the Upper Limits of Human Endurance. International Journal of Sports Physiology and Performance, 2017, 12, 1003-1011. | 2.3 | 142 |

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|----|---|-----|-----------|
| 73 | The role of speed and incline in the spontaneous choice of technique in classical roller-skiing. Human Movement Science, 2017, 55, 100-107. | 1.4 | 10 |
| 74 | The Influence of Pole Length on Performance, O2 Cost, and Kinematics in Double Poling. International Journal of Sports Physiology and Performance, 2017, 12, 211-217. | 2.3 | 24 |
| 75 | A multi-sensor system for automatic analysis of classical cross-country skiing techniques. Sports Engineering, 2017, 20, 313-327. | 1.1 | 27 |
| 76 | Winter sports special issue. Sports Engineering, 2017, 20, 243-244. | 1.1 | 2 |
| 77 | The Role of Power Fluctuations in the Preference of Diagonal vs. Double Poling Sub-Technique at Different Incline-Speed Combinations in Elite Cross-Country Skiers. Frontiers in Physiology, 2017, 8, 94. | 2.8 | 25 |
| 78 | Comparison of Peak Oxygen Uptake and Test-Retest Reliability of Physiological Parameters between Closed-End and Incremental Upper-Body Poling Tests. Frontiers in Physiology, 2017, 8, 857. | 2.8 | 5 |
| 79 | The Training Characteristics of the World's Most Successful Female Cross-Country Skier. Frontiers in Physiology, 2017, 8, 1069. | 2.8 | 107 |
| 80 | Effects of upper-body sprint-interval training on strength and endurance capacities in female cross-country skiers. PLoS ONE, 2017, 12, e0172706. | 2.5 | 17 |
| 81 | Association between laboratory capacities and world-cup performance in Nordic combined. PLoS ONE, 2017, 12, e0180388. | 2.5 | 8 |
| 82 | On the Existence of Step-To-Step Breakpoint Transitions in Accelerated Sprinting. PLoS ONE, 2016, 11, e0159701. | 2.5 | 12 |
| 83 | Analysis of Classical Time-Trial Performance and Technique-Specific Physiological Determinants in Elite Female Cross-Country Skiers. Frontiers in Physiology, 2016, 7, 326. | 2.8 | 55 |
| 84 | Contribution of Upper-Body Strength, Body Composition, and Maximal Oxygen Uptake to Predict Double Poling Power and Overall Performance in Female Cross-Country Skiers. Journal of Strength and Conditioning Research, 2016, 30, 2557-2564. | 2.1 | 22 |
| 85 | The Physiological Capacity of the World's™ Highest Ranked Female Cross-country Skiers. Medicine and Science in Sports and Exercise, 2016, 48, 1091-1100. | 0.4 | 79 |
| 86 | The Effects of Cold Environments on Double-Poling Performance and Economy in Male Cross-Country Skiers Wearing a Standard Racing Suit. International Journal of Sports Physiology and Performance, 2016, 11, 776-782. | 2.3 | 10 |
| 87 | Concurrent Development of Endurance Capacity and Explosiveness: Training Characteristics of World-Class Nordic Combined Athletes. International Journal of Sports Physiology and Performance, 2016, 11, 643-651. | 2.3 | 6 |
| 88 | How Do World-Class Nordic Combined Athletes Differ From Specialized Cross-Country Skiers and Ski Jumpers in Sport-Specific Capacity and Training Characteristics?. International Journal of Sports Physiology and Performance, 2016, 11, 899-906. | 2.3 | 13 |
| 89 | Sedentary Time, Cardiorespiratory Fitness, and Cardiovascular Risk Factor Clustering in Older Adults—the Generation 100 Study. Mayo Clinic Proceedings, 2016, 91, 1525-1534. | 3.0 | 18 |
| 90 | Gender differences in power production, energetic capacity and efficiency of elite cross-country skiers during whole-body, upper-body, and arm poling. European Journal of Applied Physiology, 2016, 116, 291-300. | 2.5 | 67 |

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| 91 | A Comparison of Frontal Theta Activity During Shooting among Biathletes and Cross-Country Skiers before and after Vigorous Exercise. PLoS ONE, 2016, 11, e0150461. | 2.5 | 28 |
| 92 | How Hinge Positioning in Cross-Country Ski Bindings Affect Exercise Efficiency, Cycle Characteristics and Muscle Coordination during Submaximal Roller Skiing. PLoS ONE, 2016, 11, e0153078. | 2.5 | 6 |
| 93 | Speed and Heart-Rate Profiles in Skating and Classical Cross-Country-Skiing Competitions. International Journal of Sports Physiology and Performance, 2015, 10, 873-880. | 2.3 | 54 |
| 94 | Sport-Specific Physiological Adaptations in Highly Trained Endurance Athletes. Medicine and Science in Sports and Exercise, 2015, 47, 2150-2157. | 0.4 | 19 |
| 95 | Mechanical Energy and Propulsion in Ergometer Double Poling by Cross-country Skiers. Medicine and Science in Sports and Exercise, 2015, 47, 2586-2594. | 0.4 | 19 |
| 96 | The physiological responses to repeated upper-body sprint exercise in highly trained athletes. European Journal of Applied Physiology, 2015, 115, 1381-1391. | 2.5 | 11 |
| 97 | The physiological and biomechanical differences between double poling and G3 skating in world class cross-country skiers. European Journal of Applied Physiology, 2015, 115, 483-487. | 2.5 | 11 |
| 98 | Effects of acute supplementation of L-arginine and nitrate on endurance and sprint performance in elite athletes. Nitric Oxide - Biology and Chemistry, 2015, 48, 10-15. | 2.7 | 48 |
| 99 | Are Gender Differences in Upper-Body Power Generated by Elite Cross-Country Skiers Augmented by Increasing the Intensity of Exercise?. PLoS ONE, 2015, 10, e0127509. | 2.5 | 47 |
| 100 | Using the power balance model to simulate cross-country skiing on varying terrain. Open Access Journal of Sports Medicine, 2014, 5, 89. | 1.3 | 15 |
| 101 | The effects of skiing velocity on mechanical aspects of diagonal cross-country skiing. Sports Biomechanics, 2014, 13, 267-284. | 1.6 | 25 |
| 102 | The effects of heavy upper-body strength training on ice sledge hockey sprint abilities in world class players. Human Movement Science, 2014, 38, 251-261. | 1.4 | 12 |
| 103 | The effects of poling on physiological, kinematic and kinetic responses in roller ski skating. European Journal of Applied Physiology, 2014, 114, 1933-1942. | 2.5 | 2 |
| 104 | The effects of the arm swing on biomechanical and physiological aspects of roller ski skating. Human Movement Science, 2014, 36, 1-11. | 1.4 | 7 |
| 105 | The Physiology and Biomechanics of Upper-Body Repeated Sprints in Ice Sledge Hockey. International Journal of Sports Physiology and Performance, 2014, 9, 77-84. | 2.3 | 7 |
| 106 | A Reappraisal of Success Factors for Olympic Cross-Country Skiing. International Journal of Sports Physiology and Performance, 2014, 9, 117-121. | 2.3 | 106 |
| 107 | The Velocity and Energy Profiles of Elite Cross-Country Skiers Executing Downhill Turns With Different Radii. International Journal of Sports Physiology and Performance, 2014, 9, 41-47. | 2.3 | 14 |
| 108 | Changes in Technique and Efficiency After High-Intensity Exercise in Cross-Country Skiers. International Journal of Sports Physiology and Performance, 2014, 9, 19-24. | 2.3 | 22 |

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| 109 | The physiological and biomechanical contributions of poling to roller ski skating. European Journal of Applied Physiology, 2013, 113, 1979-1987. | 2.5 | 12 |
| 110 | The role of incline, performance level, and gender on the gross mechanical efficiency of roller ski skating. Frontiers in Physiology, 2013, 4, 293. | 2.8 | 30 |
| 111 | On the Relationship Between Upper-Body Strength, Power, and Sprint Performance in Ice Sledge Hockey. Journal of Strength and Conditioning Research, 2013, 27, 3461-3466. | 2.1 | 14 |
| 112 | Dietary Nitrate Does Not Enhance Running Performance in Elite Cross-Country Skiers. Medicine and Science in Sports and Exercise, 2012, 44, 2213-2219. | 0.4 | 105 |
| 113 | The influence of incline and speed on work rate, gross efficiency and kinematics of roller ski skating. European Journal of Applied Physiology, 2012, 112, 2829-2838. | 2.5 | 47 |
| 114 | Gender differences in the physiological responses and kinematic behaviour of elite sprint cross-country skiers. European Journal of Applied Physiology, 2012, 112, 1087-1094. | 2.5 | 41 |
| 115 | Analysis of a sprint ski race and associated laboratory determinants of world-class performance. European Journal of Applied Physiology, 2011, 111, 947-957. | 2.5 | 101 |
| 116 | Metabolic rate and gross efficiency at high work rates in world class and national level sprint skiers. European Journal of Applied Physiology, 2010, 109, 473-481. | 2.5 | 114 |
| 117 | Analysis of sprint cross-country skiing using a differential global navigation satellite system. European Journal of Applied Physiology, 2010, 110, 585-595. | 2.5 | 136 |