

Paul B Laursen

List of Publications by Year in descending order

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101
papers

7,024
citations

70961

41
h-index

60497

81
g-index

101
all docs

101
docs citations

101
times ranked

5418
citing authors

#	ARTICLE	IF	CITATIONS
1	High-Intensity Interval Training, Solutions to the Programming Puzzle. Sports Medicine, 2013, 43, 313-338.	3.1	858
2	The Scientific Basis for High-Intensity Interval Training. Sports Medicine, 2002, 32, 53-73.	3.1	646
3	Describing and Understanding Pacing Strategies during Athletic Competition. Sports Medicine, 2008, 38, 239-252.	3.1	527
4	Training Adaptation and Heart Rate Variability in Elite Endurance Athletes: Opening the Door to Effective Monitoring. Sports Medicine, 2013, 43, 773-781.	3.1	370
5	Models to Explain Fatigue during Prolonged Endurance Cycling. Sports Medicine, 2005, 35, 865-898.	3.1	259
6	Comparison of Heart-Rate-Variability Recording With Smartphone Photoplethysmography, Polar H7 Chest Strap, and Electrocardiography. International Journal of Sports Physiology and Performance, 2017, 12, 1324-1328.	1.1	229
7	Heart rate variability in elite triathletes, is variation in variability the key to effective training? A case comparison. European Journal of Applied Physiology, 2012, 112, 3729-3741.	1.2	225
8	Supramaximal Training and Postexercise Parasympathetic Reactivation in Adolescents. Medicine and Science in Sports and Exercise, 2008, 40, 362-371.	0.2	181
9	Interval training program optimization in highly trained endurance cyclists. Medicine and Science in Sports and Exercise, 2002, 34, 1801-1807.	0.2	174
10	Reliability of Time-to-Exhaustion versus Time-Trial Running Tests in Runners. Medicine and Science in Sports and Exercise, 2007, 39, 1374-1379.	0.2	155
11	Changes in markers of muscle damage, inflammation and HSP70 after an Ironman triathlon race. European Journal of Applied Physiology, 2006, 98, 525-534.	1.2	153
12	Pre-cooling with ice slurry ingestion leads to similar run times to exhaustion in the heat as cold water immersion. Journal of Sports Sciences, 2012, 30, 155-165.	1.0	122
13	Monitoring Training With Heart-Rate Variability: How Much Compliance Is Needed for Valid Assessment?. International Journal of Sports Physiology and Performance, 2014, 9, 783-790.	1.1	121
14	Evaluating Training Adaptation With Heart-Rate Measures: A Methodological Comparison. International Journal of Sports Physiology and Performance, 2013, 8, 688-691.	1.1	107
15	Precooling Methods and Their Effects on Athletic Performance. Sports Medicine, 2013, 43, 207-225.	3.1	104
16	Cooling Athletes before Competition in the Heat. Sports Medicine, 2006, 36, 671-682.	3.1	93
17	Keeping Your Cool. Sports Medicine, 2012, 42, 89-98.	3.1	91
18	Factors Affecting Performance in an Ultraendurance Triathlon. Sports Medicine, 2001, 31, 195-209.	3.1	88

#	ARTICLE	IF	CITATIONS
19	From Lab to Real World: Heat Acclimation Considerations for Elite Athletes. <i>Sports Medicine</i> , 2017, 47, 1467-1476.	3.1	82
20	Physiological Responses to Cold Water Immersion Following Cycling in the Heat. <i>International Journal of Sports Physiology and Performance</i> , 2008, 3, 331-346.	1.1	78
21	Effect of cold water immersion after exercise in the heat on muscle function, body temperatures, and vessel diameter. <i>Journal of Science and Medicine in Sport</i> , 2009, 12, 91-96.	0.6	77
22	Heart-Rate Variability and Training-Intensity Distribution in Elite Rowers. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 1026-1032.	1.1	76
23	Effect of cold-water immersion duration on body temperature and muscle function. <i>Journal of Sports Sciences</i> , 2009, 27, 987-993.	1.0	73
24	Severe hypoxia affects exercise performance independently of afferent feedback and peripheral fatigue. <i>Journal of Applied Physiology</i> , 2012, 112, 1335-1344.	1.2	71
25	Current hydration guidelines are erroneous: dehydration does not impair exercise performance in the heat. <i>British Journal of Sports Medicine</i> , 2015, 49, 1077-1083.	3.1	69
26	Body temperature and its effect on leukocyte mobilization, cytokines and markers of neutrophil activation during and after exercise. <i>European Journal of Applied Physiology</i> , 2008, 102, 391-401.	1.2	65
27	Maximising performance in triathlon: Applied physiological and nutritional aspects of elite and non-elite competitions. <i>Journal of Science and Medicine in Sport</i> , 2008, 11, 407-416.	0.6	65
28	Performance and physiological responses during a sprint interval training session: relationships with muscle oxygenation and pulmonary oxygen uptake kinetics. <i>European Journal of Applied Physiology</i> , 2012, 112, 767-779.	1.2	64
29	Practical precooling: Effect on cycling time trial performance in warm conditions. <i>Journal of Sports Sciences</i> , 2008, 26, 1477-1487.	1.0	59
30	Single-leg cycle training is superior to double-leg cycling in improving the oxidative potential and metabolic profile of trained skeletal muscle. <i>Journal of Applied Physiology</i> , 2011, 110, 1248-1255.	1.2	59
31	Nocturnal Heart Rate Variability Following Supramaximal Intermittent Exercise. <i>International Journal of Sports Physiology and Performance</i> , 2009, 4, 435-447.	1.1	58
32	Acute High-Intensity Interval Training Improves $\dot{V}_{O_{2max}}$ and Peak Power Output in Highly Trained Males. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2002, 27, 336-348.	1.7	56
33	Effect of cold or thermoneutral water immersion on post-exercise heart rate recovery and heart rate variability indices. <i>Autonomic Neuroscience: Basic and Clinical</i> , 2010, 156, 111-116.	1.4	55
34	Dynamic Pacing Strategies during the Cycle Phase of an Ironman Triathlon. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 726-734.	0.2	51
35	Relationship of exercise test variables to cycling performance in an Ironman triathlon. <i>European Journal of Applied Physiology</i> , 2002, 87, 433-440.	1.2	49
36	Effect of prior exercise on pulmonary \dot{V}_{O_2} uptake and estimated muscle capillary blood flow kinetics during moderate-intensity field running in men. <i>Journal of Applied Physiology</i> , 2009, 107, 460-470.	1.2	48

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37	Day-to-Day Heart-Rate Variability Recordings in World-Champion Rowers: Appreciating Unique Athlete Characteristics. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 697-703.	1.1	48
38	The Perfect Storm: Coronavirus (Covid-19) Pandemic Meets Overfat Pandemic. <i>Frontiers in Public Health</i> , 2020, 8, 135.	1.3	48
39	Effect of cold water immersion on repeated 1-km cycling performance in the heat. <i>Journal of Science and Medicine in Sport</i> , 2010, 13, 112-116.	0.6	47
40	Reproducibility and sensitivity of muscle reoxygenation and oxygen uptake recovery kinetics following running exercise in the field. <i>Clinical Physiology and Functional Imaging</i> , 2011, 31, 337-346.	0.5	47
41	Effect of Thermal State and Thermal Comfort on Cycling Performance in the Heat. <i>International Journal of Sports Physiology and Performance</i> , 2015, 10, 655-663.	1.1	47
42	Effect of lower body compression garments on submaximal and maximal running performance in cold (10°C) and hot (32°C) environments. <i>European Journal of Applied Physiology</i> , 2011, 111, 819-826.	1.2	46
43	Rethinking the role of fat oxidation: substrate utilisation during high-intensity interval training in well-trained and recreationally trained runners. <i>BMJ Open Sport and Exercise Medicine</i> , 2015, 1, e000047.	1.4	43
44	Bcl-2 in endothelial cells is increased by vitamin E and α -lipoic acid supplementation but not exercise training. <i>Journal of Molecular and Cellular Cardiology</i> , 2005, 38, 445-451.	0.9	40
45	The effects of 3000-m swimming on subsequent 3-h cycling performance: implications for ultraendurance triathletes. <i>European Journal of Applied Physiology</i> , 2000, 83, 28-33.	1.2	39
46	The Effect of 1,3-Butanediol on Cycling Time-Trial Performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 466-473.	1.0	39
47	Anaerobic Speed/Power Reserve and Sport Performance: Scientific Basis, Current Applications and Future Directions. <i>Sports Medicine</i> , 2021, 51, 2017-2028.	3.1	37
48	The effect of 1,3-butanediol and carbohydrate supplementation on running performance. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 702-706.	0.6	35
49	Effect of hot versus cold climates on power output, muscle activation, and perceived fatigue during a dynamic 100-km cycling trial. <i>Journal of Sports Sciences</i> , 2010, 28, 117-125.	1.0	34
50	The influence of ice slurry ingestion on maximal voluntary contraction following exercise-induced hyperthermia. <i>European Journal of Applied Physiology</i> , 2011, 111, 2517-2524.	1.2	34
51	Relationship between laboratory-measured variables and heart rate during an ultra-endurance triathlon. <i>Journal of Sports Sciences</i> , 2005, 23, 1111-1120.	1.0	33
52	Influence of cold water face immersion on post-exercise parasympathetic reactivation. <i>European Journal of Applied Physiology</i> , 2010, 108, 599-606.	1.2	31
53	Effect of carbohydrate ingestion and ambient temperature on muscle fatigue development in endurance-trained male cyclists. <i>Journal of Applied Physiology</i> , 2008, 104, 1021-1028.	1.2	30
54	Maximal Sprint Speed and the Anaerobic Speed Reserve Domain: The Untapped Tools that Differentiate the World's Best Male 800m Runners. <i>Sports Medicine</i> , 2019, 49, 843-852.	3.1	30

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55	Tactical Behaviors in Men's 800-m Olympic and World-Championship Medalists: A Changing of the Guard. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 246-249.	1.1	26
56	Anaerobic Speed Reserve: A Key Component of Elite Male 800-m Running. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 501-508.	1.1	26
57	No effect of upper body compression garments in elite flat-water kayakers. <i>European Journal of Sport Science</i> , 2013, 13, 341-349.	1.4	25
58	Effects of a 4-Week Very Low-Carbohydrate Diet on High-Intensity Interval Training Responses. <i>Journal of Sports Science and Medicine</i> , 2018, 17, 259-268.	0.7	25
59	Dietary Nitrate Fails to Improve 1 and 4 km Cycling Performance in Highly Trained Cyclists. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017, 27, 255-263.	1.0	23
60	Effects of a 12-Week Very-Low Carbohydrate High-Fat Diet on Maximal Aerobic Capacity, High-Intensity Intermittent Exercise, and Cardiac Autonomic Regulation: Non-randomized Parallel-Group Study. <i>Frontiers in Physiology</i> , 2019, 10, 912.	1.3	23
61	Effects of Antioxidant Supplementation and Exercise Training on Erythrocyte Antioxidant Enzymes. <i>International Journal for Vitamin and Nutrition Research</i> , 2006, 76, 324-331.	0.6	23
62	Cardiac autonomic response following high-intensity running work-to-rest interval manipulation. <i>European Journal of Sport Science</i> , 2016, 16, 808-817.	1.4	22
63	A comparison of the cycling performance of cyclists and triathletes. <i>Journal of Sports Sciences</i> , 2003, 21, 411-418.	1.0	22
64	The Boston Marathon versus the World Marathon Majors. <i>PLoS ONE</i> , 2017, 12, e0184024.	1.1	21
65	Reproducibility of the Cycling Time to Exhaustion at in Highly Trained Cyclists. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2003, 28, 605-615.	1.7	20
66	Hyperthermic-induced hyperventilation and associated respiratory alkalosis in humans. <i>European Journal of Applied Physiology</i> , 2007, 100, 63-69.	1.2	20
67	Implementing Anaerobic Speed Reserve Testing in the Field: Validation of $\dot{V}O_{2\max}$ Prediction From 1500-m Race Performance in Elite Middle-Distance Runners. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 1147-1150.	1.1	20
68	The Prevalence of Overfat Adults and Children in the US. <i>Frontiers in Public Health</i> , 2017, 5, 290.	1.3	19
69	Expert-level classification of ventilatory thresholds from cardiopulmonary exercising test data with recurrent neural networks. <i>European Journal of Sport Science</i> , 2019, 19, 1221-1229.	1.4	19
70	Estimating an individual's oxygen uptake during cycling exercise with a recurrent neural network trained from easy-to-obtain inputs: A pilot study. <i>PLoS ONE</i> , 2020, 15, e0229466.	1.1	17
71	Carbohydrate Gel Ingestion and Immunoendocrine Responses to Cycling in Temperate and Hot Conditions. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008, 18, 229-246.	1.0	16
72	Effects of lowering body temperature via hyperhydration, with and without glycerol ingestion and practical precooling on cycling time trial performance in hot and humid conditions. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 55.	1.7	16

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73	Periodizing heat acclimation in elite Laser sailors preparing for a world championship event in hot conditions. <i>Temperature</i> , 2016, 3, 437-443.	1.7	15
74	Adiponectin/leptin ratio increases after a 12-week very low-carbohydrate, high-fat diet, and exercise training in healthy individuals: A non-randomized, parallel design study. <i>Nutrition Research</i> , 2021, 87, 22-30.	1.3	15
75	Is part of the mystery surrounding fatigue complicated by context?. <i>Journal of Science and Medicine in Sport</i> , 2007, 10, 277-279.	0.6	14
76	Acute physiological and perceptual responses to wearing additional clothing while cycling outdoors in a temperate environment: A practical method to increase the heat load. <i>Temperature</i> , 2017, 4, 414-419.	1.7	14
77	The Effect of Dietary Nitrate Supplementation on Physiology and Performance in Trained Cyclists. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 684-689.	1.1	14
78	Revisiting the Global Overfat Pandemic. <i>Frontiers in Public Health</i> , 2020, 8, 51.	1.3	14
79	Fluid Balance, Carbohydrate Ingestion, and Body Temperature During Men's Stage-Race Cycling in Temperate Environmental Conditions. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 575-582.	1.1	13
80	Human Performance in Motorcycle Road Racing: A Review of the Literature. <i>Sports Medicine</i> , 2018, 48, 1345-1356.	3.1	13
81	Incidence of exercise-induced arterial hypoxemia in prepubescent females. <i>Pediatric Pulmonology</i> , 2002, 34, 37-41.	1.0	12
82	Temporal Aspects of the $\dot{V}O_{2\max}$ Response at the Power Output Associated with $\dot{V}O_{2\max}$ peak in Well Trained Cyclists—Implications for Interval Training Prescription. <i>Research Quarterly for Exercise and Sport</i> , 2004, 75, 423-428.	0.8	12
83	Profiling the physical load on riders of top-level motorcycle circuit racing. <i>Journal of Sports Sciences</i> , 2018, 36, 1061-1067.	1.0	12
84	Exercise-induced arterial hypoxemia is not different during cycling and running in triathletes. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2005, 15, 113-117.	1.3	11
85	Effect of in- versus out-of-water recovery on repeated swimming sprint performance. <i>European Journal of Applied Physiology</i> , 2010, 108, 321-327.	1.2	11
86	Effect of ad Libitum Ice-Slurry and Cold-Fluid Ingestion on Cycling Time-Trial Performance in the Heat. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 99-105.	1.1	11
87	The Effect of Nitrate Supplementation on Cycling Performance in the Heat in Well-Trained Cyclists. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 50-56.	1.1	11
88	Acclimatisation in trekkers with and without recent exposure to high altitude. <i>European Journal of Applied Physiology</i> , 2012, 112, 3287-3294.	1.2	10
89	Oral Presence of Carbohydrate and Caffeine in Chewing Gum: Independent and Combined Effects on Endurance Cycling Performance. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 164-171.	1.1	10
90	Effects of a four-week very low-carbohydrate high-fat diet on biomarkers of inflammation: Non-randomised parallel-group study. <i>Nutrition and Health</i> , 2020, 26, 35-42.	0.6	10

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91	Decision-Making in Health and Fitness. <i>Frontiers in Public Health</i> , 2019, 7, 6.	1.3	8
92	Acute effects of heated resistance exercise in female and male power athletes. <i>European Journal of Applied Physiology</i> , 2017, 117, 1965-1976.	1.2	7
93	State-of-the art concepts and future directions in modelling oxygen consumption and lactate concentration in cycling exercise. <i>Sport Sciences for Health</i> , 2019, 15, 295-310.	0.4	7
94	Effect of two-weeks endurance training wearing additional clothing in a temperate outdoor environment on performance and physiology in the heat. <i>Temperature</i> , 2018, 5, 267-275.	1.7	6
95	RELIABILITY OF SURFACE EMG MEASUREMENTS OF THE QUADRICEPS DURING MAXIMAL ISOMETRIC CONTRACTIONS FOLLOWING WATER IMMERSION. <i>Journal of Musculoskeletal Research</i> , 2006, 10, 197-203.	0.1	5
96	Dr. Boullosa's Forgotten Pieces Don't Fit the Puzzle. <i>Sports Medicine</i> , 2014, 44, 1171-1175.	3.1	4
97	From science to practice: Development of a thermally-insulated ice slushy dispensing bottle that helps athletes "keep their cool" in hot temperatures. <i>Temperature</i> , 2016, 3, 187-190.	1.7	4
98	Assessment of bike handling during cycling individual time trials with a novel analytical technique adapted from motorcycle racing. <i>European Journal of Sport Science</i> , 2022, 22, 1355-1363.	1.4	4
99	Recovery following an Ironman triathlon: A case study. <i>European Journal of Sport Science</i> , 2010, 10, 159-165.	1.4	3
100	Reductions in training load and dietary carbohydrates help restore health and improve performance in an Ironman triathlete. <i>International Journal of Sports Science and Coaching</i> , 2017, 12, 514-519.	0.7	3
101	Reliability of Physiological Attributes and Their Association With Stochastic Cycling Performance. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 309-315.	1.1	2