Paul B Laursen

List of Publications by Year
in descending order

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	Assessment of bike handling during cycling individual time trials with a novel analytical technique adapted from motorcycle racing. European Journal of Sport Science, 2022, 22, 1355-1363.	1.4	4
2	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. Nutrition Research, 2021, 87, 22-30.	1.3	15
3	Anaerobic Speed/Power Reserve and Sport Performance: Scientific Basis, Current Applications and Future Directions. Sports Medicine, 2021, 51, 2017-2028.	3.1	37
4	Revisiting the Global Overfat Pandemic. Frontiers in Public Health, 2020, 8, 51.	1.3	14
5	Estimating an individualâ€™s oxygen uptake during cycling exercise with a recurrent neural network trained from easy-to-obtain inputs: A pilot study. PLoS ONE, 2020, 15, e0229466.	1.1	17
6	Effects of a four-week very low-carbohydrate high-fat diet on biomarkers of inflammation: Non-randomised parallel-group study. Nutrition and Health, 2020, 26, 35-42.	0.6	10
7	The Perfect Storm: Coronavirus (Covid-19) Pandemic Meets Overfat Pandemic. Frontiers in Public Health, 2020, 8, 135.	1.3	48
8	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. Frontiers in Physiology, 2019, 10, 912.	1.3	23
9	Implementing Anaerobic Speed Reserve Testing in the Field: Validation of vVO2max Prediction From 1500-m Race Performance in Elite Middle-Distance Runners. International Journal of Sports Physiology and Performance, 2019, 14, 1147-1150.	1.1	20
10	State-of-the art concepts and future directions in modelling oxygen consumption and lactate concentration in cycling exercise. Sport Sciences for Health, 2019, 15, 295-310.	0.4	7
11	Expertâ€level classification of ventilatory thresholds from cardiopulmonary exercising test data with recurrent neural networks. European Journal of Sport Science, 2019, 19, 1221-1229.	1.4	19
12	Decision-Making in Health and Fitness. Frontiers in Public Health, 2019, 7, 6.	1.3	8
13	The effect of 1,3-butanediol and carbohydrate supplementation on running performance. Journal of Science and Medicine in Sport, 2019, 22, 702-706.	0.6	35
14	The Effect of 1,3-Butanediol on Cycling Time-Trial Performance. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 466-473.	1.0	39
15	Maximal Sprint Speed and the Anaerobic Speed Reserve Domain: The Untapped Tools that Differentiate the Worldâ€™s Best Male 800Âm Runners. Sports Medicine, 2019, 49, 843-852.	3.1	30
16	Anaerobic Speed Reserve: A Key Component of Elite Male 800-m Running. International Journal of Sports Physiology and Performance, 2019, 14, 501-508.	1.1	26
17	Human Performance in Motorcycle Road Racing: A Review of the Literature. Sports Medicine, 2018, 48, 1345-1356.	3.1	13
18	The Effect of Nitrate Supplementation on Cycling Performance in the Heat in Well-Trained Cyclists. International Journal of Sports Physiology and Performance, 2018, 13, 50-56.	1.1	11

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19	Tactical Behaviors in Menâ€™s 800-m Olympic and World-Championship Medalists: A Changing of the Guard. International Journal of Sports Physiology and Performance, 2018, 13, 246-249.	1.1	26
20	Profiling the physical load on riders of top-level motorcycle circuit racing. Journal of Sports Sciences, 2018, 36, 1061-1067.	1.0	12
21	Effect of two-weeks endurance training wearing additional clothing in a temperate outdoor environment on performance and physiology in the heat. Temperature, 2018, 5, 267-275.	1.7	6
22	Effects of a 4-Week Very Low-Carbohydrate Diet on High-Intensity Interval Training Responses. Journal of Sports Science and Medicine, 2018, 17, 259-268.	0.7	25
23	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
24	From Lab to Real World: Heat Acclimation Considerations for Elite Athletes. Sports Medicine, 2017, 47, 1467-1476.	3.1	82
25	Dietary Nitrate Fails to Improve 1 and 4 km Cycling Performance in Highly Trained Cyclists. International Journal of Sport Nutrition and Exercise Metabolism, 2017, 27, 255-263.	1.0	23
26	Acute physiological and perceptual responses to wearing additional clothing while cycling outdoors in a temperate environment:A practical method to increase the heat load. Temperature, 2017, 4, 414-419.	1.7	14
27	Acute effects of heated resistance exercise in female and male power athletes. European Journal of Applied Physiology, 2017, 117, 1965-1976.	1.2	7
28	Reductions in training load and dietary carbohydrates help restore health and improve performance in an Ironman triathlete. International Journal of Sports Science and Coaching, 2017, 12, 514-519.	0.7	3
29	The Effect of Dietary Nitrate Supplementation on Physiology and Performance in Trained Cyclists. International Journal of Sports Physiology and Performance, 2017, 12, 684-689.	1.1	14
30	Effect of ad Libitum Ice-Slurry and Cold-Fluid Ingestion on Cycling Time-Trial Performance in the Heat. International Journal of Sports Physiology and Performance, 2017, 12, 99-105.	1.1	11
31	Day-to-Day Heart-Rate Variability Recordings in World-Champion Rowers: Appreciating Unique Athlete Characteristics. International Journal of Sports Physiology and Performance, 2017, 12, 697-703.	1.1	48
32	The Prevalence of Overfat Adults and Children in the US. Frontiers in Public Health, 2017, 5, 290.	1.3	19
33	The Boston Marathon versus the World Marathon Majors. PLoS ONE, 2017, 12, e0184024.	1.1	21
34	Oral Presence of Carbohydrate and Caffeine in Chewing Gum: Independent and Combined Effects on Endurance Cycling Performance. International Journal of Sports Physiology and Performance, 2016, 11, 164-171.	1.1	10
35	Periodizing heat acclimation in elite Laser sailors preparing for a world championship event in hot conditions. Temperature, 2016, 3, 437-443.	1.7	15
36	From science to practice: Development of a thermally-insulated ice slushy dispensing bottle that helps athletes â€œkeep their coolâ€•in hot temperatures. Temperature, 2016, 3, 187-190.	1.7	4

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37	Cardiac autonomic response following highâ€intensity running workâ€toâ€rest interval manipulation. European Journal of Sport Science, 2016, 16, 808-817.	1.4	22
38	Effect of Thermal State and Thermal Comfort on Cycling Performance in the Heat. International Journal of Sports Physiology and Performance, 2015, 10, 655-663.	1.1	47
39	Rethinking the role of fat oxidation: substrate utilisation during high-intensity interval training in well-trained and recreationally trained runners. BMJ Open Sport and Exercise Medicine, 2015, 1, e000047.	1.4	43
40	Current hydration guidelines are erroneous: dehydration does not impair exercise performance in the heat. British Journal of Sports Medicine, 2015, 49, 1077-1083.	3.1	69
41	Dr. Boullosaâ€™s Forgotten Pieces Donâ€™t Fit the Puzzle. Sports Medicine, 2014, 44, 1171-1175.	3.1	4
42	Reliability of Physiological Attributes and Their Association With Stochastic Cycling Performance. International Journal of Sports Physiology and Performance, 2014, 9, 309-315.	1.1	2
43	Heart-Rate Variability and Training-Intensity Distribution in Elite Rowers. International Journal of Sports Physiology and Performance, 2014, 9, 1026-1032.	1.1	76
44	Fluid Balance, Carbohydrate Ingestion, and Body Temperature During Menâ€™s Stage-Race Cycling in Temperate Environmental Conditions. International Journal of Sports Physiology and Performance, 2014, 9, 575-582.	1.1	13
45	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
46	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
47	No effect of upper body compression garments in elite flatâ€water kayakers. European Journal of Sport Science, 2013, 13, 341-349.	1.4	25
48	Precooling Methods and Their Effects on Athletic Performance. Sports Medicine, 2013, 43, 207-225.	3.1	104
49	High-Intensity Interval Training, Solutions to the Programming Puzzle. Sports Medicine, 2013, 43, 313-338.	3.1	858
50	Evaluating Training Adaptation With Heart-Rate Measures: A Methodological Comparison. International Journal of Sports Physiology and Performance, 2013, 8, 688-691.	1.1	107
51	Acclimatisation in trekkers with and without recent exposure to high altitude. European Journal of Applied Physiology, 2012, 112, 3287-3294.	1.2	10
52	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. Journal of the International Society of Sports Nutrition, 2012, 9, 55.	1.7	16
53	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
54	Keeping Your Cool. Sports Medicine, 2012, 42, 89-98.	3.1	91

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55	Severe hypoxia affects exercise performance independently of afferent feedback and peripheral fatigue. Journal of Applied Physiology, 2012, 112, 1335-1344.	1.2	71
56	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
57	Performance and physiological responses during a sprint interval training session: relationships with muscle oxygenation and pulmonary oxygen uptake kinetics. European Journal of Applied Physiology, 2012, 112, 767-779.	1.2	64
58	Single-leg cycle training is superior to double-leg cycling in improving the oxidative potential and metabolic profile of trained skeletal muscle. Journal of Applied Physiology, 2011, 110, 1248-1255.	1.2	59
59	Reproducibility and sensitivity of muscle reoxygenation and oxygen uptake recovery kinetics following running exercise in the field. Clinical Physiology and Functional Imaging, 2011, 31, 337-346.	0.5	47
60	Effect of lower body compression garments on submaximal and maximal running performance in cold (10Â°C) and hot (32Â°C) environments. European Journal of Applied Physiology, 2011, 111, 819-826.	1.2	46
61	The influence of ice slurry ingestion on maximal voluntary contraction following exercise-induced hyperthermia. European Journal of Applied Physiology, 2011, 111, 2517-2524.	1.2	34
62	Effect of in- versus out-of-water recovery on repeated swimming sprint performance. European Journal of Applied Physiology, 2010, 108, 321-327.	1.2	11
63	Influence of cold water face immersion on post-exercise parasympathetic reactivation. European Journal of Applied Physiology, 2010, 108, 599-606.	1.2	31
64	Effect of cold water immersion on repeated 1-km cycling performance in the heat. Journal of Science and Medicine in Sport, 2010, 13, 112-116.	0.6	47
65	Effect of hot versus cold climates on power output, muscle activation, and perceived fatigue during a dynamic 100-km cycling trial. Journal of Sports Sciences, 2010, 28, 117-125.	1.0	34
66	Effect of cold or thermoneutral water immersion on post-exercise heart rate recovery and heart rate variability indices. Autonomic Neuroscience: Basic and Clinical, 2010, 156, 111-116.	1.4	55
67	Recovery following an Ironman triathlon: A case study. European Journal of Sport Science, 2010, 10, 159-165.	1.4	3
68	Effect of cold-water immersion duration on body temperature and muscle function. Journal of Sports Sciences, 2009, 27, 987-993.	1.0	73
69	Effect of prior exercise on pulmonary O₂ uptake and estimated muscle capillary blood flow kinetics during moderate-intensity field running in men. Journal of Applied Physiology, 2009, 107, 460-470.	1.2	48
70	Effect of cold water immersion after exercise in the heat on muscle function, body temperatures, and vessel diameter. Journal of Science and Medicine in Sport, 2009, 12, 91-96.	0.6	77
71	Nocturnal Heart Rate Variability Following Supramaximal Intermittent Exercise. International Journal of Sports Physiology and Performance, 2009, 4, 435-447.	1.1	58
72	Body temperature and its effect on leukocyte mobilization, cytokines and markers of neutrophil activation during and after exercise. European Journal of Applied Physiology, 2008, 102, 391-401.	1.2	65

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73	Maximising performance in triathlon: Applied physiological and nutritional aspects of elite and non-elite competitions. Journal of Science and Medicine in Sport, 2008, 11, 407-416.	0.6	65
74	Describing and Understanding PacingÂStrategiesÂduring AthleticÂCompetition. Sports Medicine, 2008, 38, 239-252.	3.1	527
75	Practical precooling: Effect on cycling time trial performance in warm conditions. Journal of Sports Sciences, 2008, 26, 1477-1487.	1.0	59
76	Supramaximal Training and Postexercise Parasympathetic Reactivation in Adolescents. Medicine and Science in Sports and Exercise, 2008, 40, 362-371.	0.2	181
77	Physiological Responses to Cold Water Immersion Following Cycling in the Heat. International Journal of Sports Physiology and Performance, 2008, 3, 331-346.	1.1	78
78	Carbohydrate Gel Ingestion and Immunoendocrine Responses to Cycling in Temperate and Hot Conditions. International Journal of Sport Nutrition and Exercise Metabolism, 2008, 18, 229-246.	1.0	16
79	Effect of carbohydrate ingestion and ambient temperature on muscle fatigue development in endurance-trained male cyclists. Journal of Applied Physiology, 2008, 104, 1021-1028.	1.2	30
80	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
81	Is part of the mystery surrounding fatigue complicated by context?. Journal of Science and Medicine in Sport, 2007, 10, 277-279.	0.6	14
82	Hyperthermic-induced hyperventilation and associated respiratory alkalosis in humans. European Journal of Applied Physiology, 2007, 100, 63-69.	1.2	20
83	Cooling Athletes before Competition in the Heat. Sports Medicine, 2006, 36, 671-682.	3.1	93
84	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
85	Dynamic Pacing Strategies during the Cycle Phase of an Ironman Triathlon. Medicine and Science in Sports and Exercise, 2006, 38, 726-734.	0.2	51
86	RELIABILITY OF SURFACE EMG MEASUREMENTS OF THE QUADRICEPS DURING MAXIMAL ISOMETRIC CONTRACTIONS FOLLOWING WATER IMMERSION. Journal of Musculoskeletal Research, 2006, 10, 197-203.	0.1	5
87	Effects of Antioxidant Supplementation and Exercise Training on Erythrocyte Antioxidant Enzymes. International Journal for Vitamin and Nutrition Research, 2006, 76, 324-331.	0.6	23
88	Exercise-induced arterial hypoxemia is not different during cycling and running in triathletes. Scandinavian Journal of Medicine and Science in Sports, 2005, 15, 113-117.	1.3	11
89	Relationship between laboratory-measured variables and heart rate during an ultra-endurance triathlon. Journal of Sports Sciences, 2005, 23, 1111-1120.	1.0	33
90	Bcl-2 in endothelial cells is increased by vitamin E and Î±-lipoic acid supplementation but not exercise training. Journal of Molecular and Cellular Cardiology, 2005, 38, 445-451.	0.9	40

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91	Models to Explain Fatigue during Prolonged Endurance Cycling. Sports Medicine, 2005, 35, 865-898.	3.1	259
92	Temporal Aspects of the VO₂Response at the Power Output Associated with VO₂peak in Well Trained Cyclistsâ€"Implications for Interval Training Prescription. Research Quarterly for Exercise and Sport, 2004, 75, 423-428.	0.8	12
93	Reproducibility of the Cycling Time to Exhaustion at in Highly Trained Cyclists. Applied Physiology, Nutrition, and Metabolism, 2003, 28, 605-615.	1.7	20
94	A comparison of the cycling performance of cyclists and triathletes. Journal of Sports Sciences, 2003, 21, 411-418.	1.0	22
95	Interval training program optimization in highly trained endurance cyclists. Medicine and Science in Sports and Exercise, 2002, 34, 1801-1807.	0.2	174
96	The Scientific Basis for High-Intensity Interval Training. Sports Medicine, 2002, 32, 53-73.	3.1	646
97	Acute High-Intensity Interval Training Improves T_{vent} and Peak Power Output in Highly Trained Males. Applied Physiology, Nutrition, and Metabolism, 2002, 27, 336-348.	1.7	56
98	Relationship of exercise test variables to cycling performance in an Ironman triathlon. European Journal of Applied Physiology, 2002, 87, 433-440.	1.2	49
99	Incidence of exercise-induced arterial hypoxemia in prepubescent females. Pediatric Pulmonology, 2002, 34, 37-41.	1.0	12
100	Factors Affecting Performance in an Ultraendurance Triathlon. Sports Medicine, 2001, 31, 195-209.	3.1	88
101	The effects of 3000-m swimming on subsequent 3-h cycling performance: implications for ultraendurance triathletes. European Journal of Applied Physiology, 2000, 83, 28-33.	1.2	39