

Jan Helgerud

List of Publications by Year in descending order

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Version: 2024-02-01

26
papers

1,984
citations

686830

13
h-index

610482

24
g-index

27
all docs

27
docs citations

27
times ranked

2593
citing authors

#	ARTICLE	IF	CITATIONS
1	Aerobic High-Intensity Intervals Improve $\dot{V}\dot{E}^{\text{TM}}\text{O}_2\text{max}$ More Than Moderate Training. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 665-671.	0.2	897
2	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> , 2004, 11, 216-222.	3.1	529
3	High-intensity aerobic interval training improves aerobic fitness and HbA1c among persons diagnosed with type 2 diabetes. <i>European Journal of Applied Physiology</i> , 2017, 117, 455-467.	1.2	71
4	The Effect of Age on the $\dot{V}\dot{E}^{\text{TM}}\text{O}_2\text{max}$ Response to High-Intensity Interval Training. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 78-85.	0.2	70
5	Are there differences in running economy at different velocities for well-trained distance runners?. <i>European Journal of Applied Physiology</i> , 2010, 108, 1099-1105.	1.2	66
6	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> , 2012, 19, 353-360.	1.0	59
7	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> , 2009, 106, 501-507.	1.2	48
8	Exercise-training-induced changes in metabolic capacity with age: the role of central cardiovascular plasticity. <i>Age</i> , 2014, 36, 665-676.	3.0	44
9	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> , 2017, 91, 64-71.	1.2	42
10	Effect of Aerobic Exercise Intensity on Energy Expenditure and Weight Loss in Severe Obesityâ€”A Randomized Controlled Trial. <i>Obesity</i> , 2021, 29, 359-369.	1.5	21
11	Stronger Is Better: The Impact of Upper Body Strength in Double Poling Performance. <i>Frontiers in Physiology</i> , 2019, 10, 1091.	1.3	20
12	Plantar flexion training primes peripheral arterial disease patients for improvements in cardiac function. <i>European Journal of Applied Physiology</i> , 2009, 106, 207-215.	1.2	18
13	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> , 2016, 2016, 1-7.	0.9	17
14	Factors Influencing Running Velocity at Lactate Threshold in Male and Female Runners at Different Levels of Performance. <i>Frontiers in Physiology</i> , 2020, 11, 585267.	1.3	13
15	Responses to Maximal Strength Training in Different Age and Gender Groups. <i>Frontiers in Physiology</i> , 2021, 12, 636972.	1.3	13
16	No Change â€” No Gain; The Effect of Age, Sex, Selected Genes and Training on Physiological and Performance Adaptations in Cross-Country Skiing. <i>Frontiers in Physiology</i> , 2020, 11, 581339.	1.3	11
17	Reliability of forearm oxygen uptake during handgrip exercise: assessment by ultrasonography and venous blood gas. <i>Physiological Reports</i> , 2018, 6, e13696.	0.7	9
18	Smartphone-Assisted High-Intensity Interval Training in Inflammatory Rheumatic Disease Patients: Randomized Controlled Trial. <i>JMIR MHealth and UHealth</i> , 2021, 9, e28124.	1.8	7

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19	Large Inter-Individual Differences in Responses to a Block of High Intensity Aerobic Interval Training: A Case Series in National-level Cyclists and Triathletes. <i>International Journal of Exercise Science</i> , 2020, 13, 480-487.	0.5	6
20	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> , 2019, 119, 2589-2598.	1.2	5
21	Heat tolerance during uncompensable heat stress in men and women wearing firefighter personal protective equipment. <i>Applied Ergonomics</i> , 2022, 101, 103702.	1.7	5
22	Aerobic and Anaerobic Speed Predicts 800-m Running Performance in Young Recreational Runners. <i>Frontiers in Physiology</i> , 2021, 12, 672141.	1.3	4
23	Arm Cycling Combined with Passive Leg Cycling Enhances VO_{2peak} in Persons with Spinal Cord Injury Above the Sixth Thoracic Vertebra. <i>Topics in Spinal Cord Injury Rehabilitation</i> , 2018, 24, 86-95.	0.8	4
24	Effect of aerobic exercise intensity on health-related quality of life in severe obesity: a randomized controlled trial. <i>Health and Quality of Life Outcomes</i> , 2022, 20, 34.	1.0	3
25	Effects of Individual Changes in Training Distribution on Maximal Aerobic Capacity in Well-Trained Cross-Country Skiers: A Follow-Up Study. <i>Frontiers in Physiology</i> , 2021, 12, 675273.	1.3	1
26	Relationships Between Maximal Aerobic Speed, Lactate Threshold, and Double Poling Velocity at Lactate Threshold in Cross-Country Skiers. <i>Frontiers in Physiology</i> , 2022, 13, 829758.	1.3	1