

# Jan Helgerud

## List of Publications by Citations

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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.

26  
papers

1,492  
citations

11  
h-index

27  
g-index

27  
ext. papers

1,726  
ext. citations

3.5  
avg, IF

3.91  
L-index

#	Paper	IF	Citations
26	Aerobic high-intensity intervals improve VO <sub>2</sub> max more than moderate training. <i>Medicine and Science in Sports and Exercise</i> , <b>2007</b> , 39, 665-71	1.2	696
25	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
24	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
23	High-intensity aerobic interval training improves aerobic fitness and HbA1c among persons diagnosed with type 2 diabetes. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 455-467	3.4	48
22	The Effect of Age on the VO <sub>2</sub> 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
21	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
20	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
19	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
18	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
17	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
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	Stronger Is Better: The Impact of Upper Body Strength in Double Poling Performance. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 1091	4.6	8
14	Reliability of forearm oxygen uptake during handgrip exercise: assessment by ultrasonography and venous blood gas. <i>Physiological Reports</i> , <b>2018</b> , 6, e13696	2.6	7
13	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> , <b>2020</b> , 13, 480-487	1.3	6
12	No Change - 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> , <b>2020</b> , 11, 581339	4.6	6
11	Effect of Aerobic Exercise Intensity on Energy Expenditure and Weight Loss in Severe Obesity-A Randomized Controlled Trial. <i>Obesity</i> , <b>2021</b> , 29, 359-369	8	5
10	Factors Influencing Running Velocity at Lactate Threshold in Male and Female Runners at Different Levels of Performance. <i>Frontiers in Physiology</i> , <b>2020</b> , 11, 585267	4.6	4

9	Responses to Maximal Strength Training in Different Age and Gender Groups. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 636972	4.6	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	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> , <b>2022</b> , 20, 34	3	1
5	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
4	Heat tolerance during uncompensable heat stress in men and women wearing firefighter personal protective equipment.. <i>Applied Ergonomics</i> , <b>2022</b> , 101, 103702	4.2	0
3	Aerobic and Anaerobic Speed Predicts 800-m Running Performance in Young Recreational Runners. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 672141	4.6	0
2	Relationships Between Maximal Aerobic Speed, Lactate Threshold, and Double Poling Velocity at Lactate Threshold in Cross-Country Skiers.. <i>Frontiers in Physiology</i> , <b>2022</b> , 13, 829758	4.6	0
1	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> , <b>2021</b> , 12, 675273	4.6	