Jan Helgerud

List of Publications by Year in Descending Order

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	Heat tolerance during uncompensable heat stress in men and women wearing firefighter personal protective equipment.. *Applied Ergonomics*, **2022**, 101, 103702	4.2	0
25	Relationships Between Maximal Aerobic Speed, Lactate Threshold, and Double Poling Velocity at Lactate Threshold in Cross-Country Skiers.. *Frontiers in Physiology*, **2022**, 13, 829758	4.6	0
24	Effect of aerobic exercise intensity on health-related quality of life in severe obesity: a randomized controlled trial.. *Health and Quality of Life Outcomes*, **2022**, 20, 34	3	1
23	Smartphone-Assisted High-Intensity Interval Training in Inflammatory Rheumatic Disease Patients: Randomized Controlled Trial. *JMIR MHealth and UHealth*, **2021**, 9, e28124	5.5	1
22	Aerobic and Anaerobic Speed Predicts 800-m Running Performance in Young Recreational Runners. *Frontiers in Physiology*, **2021**, 12, 672141	4.6	0
21	Effects of Individual Changes in Training Distribution on Maximal Aerobic Capacity in Well-Trained Cross-Country Skiers: A Follow-Up Study. *Frontiers in Physiology*, **2021**, 12, 675273	4.6	
20	Effect of Aerobic Exercise Intensity on Energy Expenditure and Weight Loss in Severe Obesity-A Randomized Controlled Trial. *Obesity*, **2021**, 29, 359-369	8	5
19	Responses to Maximal Strength Training in Different Age and Gender Groups. *Frontiers in Physiology*, **2021**, 12, 636972	4.6	2
18	Large Inter-Individual Differences in Responses to a Block of High Intensity Aerobic Interval Training: A Case Series in National-level Cyclists and Triathletes. *International Journal of Exercise Science*, **2020**, 13, 480-487	1.3	6
17	Factors Influencing Running Velocity at Lactate Threshold in Male and Female Runners at Different Levels of Performance. *Frontiers in Physiology*, **2020**, 11, 585267	4.6	4
16	No Change - No Gain; The Effect of Age, Sex, Selected Genes and Training on Physiological and Performance Adaptations in Cross-Country Skiing. *Frontiers in Physiology*, **2020**, 11, 581339	4.6	6
15	Stronger Is Better: The Impact of Upper Body Strength in Double Poling Performance. *Frontiers in Physiology*, **2019**, 10, 1091	4.6	8
14	Prediction of upper extremity peak oxygen consumption from heart rate during submaximal arm cycling in young and middle-aged adults. *European Journal of Applied Physiology*, **2019**, 119, 2589-2598	3.4	0
13	Reliability of forearm oxygen uptake during handgrip exercise: assessment by ultrasonography and venous blood gas. *Physiological Reports*, **2018**, 6, e13696	2.6	7
12	Arm Cycling Combined with Passive Leg Cycling Enhances VO in Persons with Spinal Cord Injury Above the Sixth Thoracic Vertebra. *Topics in Spinal Cord Injury Rehabilitation*, **2018**, 24, 86-95	1.5	1
11	High-intensity aerobic interval training improves aerobic fitness and HbA1c among persons diagnosed with type 2 diabetes. *European Journal of Applied Physiology*, **2017**, 117, 455-467	3.4	48
10	Impact of maximal strength training on work efficiency and muscle fiber type in the elderly: Implications for physical function and fall prevention. *Experimental Gerontology*, **2017**, 91, 64-71	4.5	29

List of Publications

9	The Effect of Age on the VO2max Response to High-Intensity Interval Training. *Medicine and Science in Sports and Exercise*, **2017**, 49, 78-85	1.2	46
8	Arm Crank and Wheelchair Ergometry Produce Similar Peak Oxygen Uptake but Different Work Economy Values in Individuals with Spinal Cord Injury. *BioMed Research International*, **2016**, 2016, 5481843	3	12
7	Exercise-training-induced changes in metabolic capacity with age: the role of central cardiovascular plasticity. *Age*, **2014**, 36, 665-76		36
6	Effect of high aerobic intensity interval treadmill walking in people with chronic stroke: a pilot study with one year follow-up. *Topics in Stroke Rehabilitation*, **2012**, 19, 353-60	2.6	45
5	Are there differences in running economy at different velocities for well-trained distance runners?. *European Journal of Applied Physiology*, **2010**, 108, 1099-105	3.4	54
4	Plantar flexion training primes peripheral arterial disease patients for improvements in cardiac function. *European Journal of Applied Physiology*, **2009**, 106, 207-15	3.4	14
3	Aerobic high intensity one and two legs interval cycling in chronic obstructive pulmonary disease: the sum of the parts is greater than the whole. *European Journal of Applied Physiology*, **2009**, 106, 501-7	3.4	39
2	Aerobic high-intensity intervals improve VO2max more than moderate training. *Medicine and Science in Sports and Exercise*, **2007**, 39, 665-71	1.2	696
1	High intensity aerobic interval exercise is superior to moderate intensity exercise for increasing aerobic capacity in patients with coronary artery disease. *European Journal of Cardiovascular Prevention and Rehabilitation*, **2004**, 11, 216-22		432