

# Pedro E Alcaraz

## List of Publications by Year in descending order

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114  
papers

2,556  
citations

186265

28  
h-index

265206

42  
g-index

120  
all docs

120  
docs citations

120  
times ranked

2611  
citing authors

#	ARTICLE	IF	CITATIONS
1	Strategies and Solutions for Team Sports Athletes in Isolation due to COVID-19. <i>Sports</i> , 2020, 8, 56.	1.7	142
2	Training load and match-play demands in basketball based on competition level: A systematic review. <i>PLoS ONE</i> , 2020, 15, e0229212.	2.5	98
3	Effects of Three Types of Resisted Sprint Training Devices on the Kinematics of Sprinting at Maximum Velocity. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 890-897.	2.1	96
4	The Effectiveness of Resisted Sled Training (RST) for Sprint Performance: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2018, 48, 2143-2165.	6.5	94
5	Impact of Resistance Circuit Training on Neuromuscular, Cardiorespiratory and Body Composition Adaptations in the Elderly. , 2013, 04, 256-263.		70
6	Anthropometric Profile, Vertical Jump, and Throwing Velocity in Elite Female Handball Players by Playing Positions. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 2146-2155.	2.1	67
7	Determining the Optimal Load for Resisted Sprint Training With Sled Towing. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 480-485.	2.1	61
8	Effects of hamstring emphasized neuromuscular training on strength and sprinting mechanics in football players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015, 25, e621-9.	2.9	60
9	Physical and Physiological Match-Play Demands and Player Characteristics in Futsal: A Systematic Review. <i>Frontiers in Psychology</i> , 2020, 11, 569897.	2.1	56
10	Effects of high-resistance circuit training in an elderly population. <i>Experimental Gerontology</i> , 2013, 48, 334-340.	2.8	55
11	Maximum acceleration performance of professional soccer players in linear sprints: Is there a direct connection with change-of-direction ability?. <i>PLoS ONE</i> , 2019, 14, e0216806.	2.5	55
12	Physical Performance and Cardiovascular Responses to an Acute Bout of Heavy Resistance Circuit Training versus Traditional Strength Training. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 667-671.	2.1	53
13	Short-term adaptations following Complex Training in team-sports: A meta-analysis. <i>PLoS ONE</i> , 2017, 12, e0180223.	2.5	51
14	Whole-body vibration training and bone health in postmenopausal women. <i>Medicine (United States)</i> , 2018, 97, e11918.	1.0	50
15	Effects of Resistance Training Movement Pattern and Velocity on Isometric Muscular Rate of Force Development: A Systematic Review with Meta-analysis and Meta-regression. <i>Sports Medicine</i> , 2020, 50, 943-963.	6.5	49
16	Mechanisms of Hamstring Strain Injury: Interactions between Fatigue, Muscle Activation and Function. <i>Sports</i> , 2020, 8, 65.	1.7	48
17	Complex and Contrast Training: Does Strength and Power Training Sequence Affect Performance-Based Adaptations in Team Sports? A Systematic Review and Meta-analysis. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1461-1479.	2.1	47
18	Muscle damage, physiological changes, and energy balance in ultra-endurance mountain-event athletes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 872-878.	1.9	45

#	ARTICLE	IF	CITATIONS
19	Biochemical responses and physical performance during high-intensity resistance circuit training in hypoxia and normoxia. <i>European Journal of Applied Physiology</i> , 2017, 117, 809-818.	2.5	42
20	Effectiveness of Resistance Circuit-Based Training for Maximum Oxygen Uptake and Upper-Body One-Repetition Maximum Improvements: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2017, 47, 2553-2568.	6.5	41
21	The efficacy of resistance training in hypoxia to enhance strength and muscle growth: A systematic review and meta-analysis. <i>European Journal of Sport Science</i> , 2018, 18, 92-103.	2.7	37
22	Influence of Strength and Power Capacity on Change of Direction Speed and Deficit in Elite Team-Sport Athletes. <i>Journal of Human Kinetics</i> , 2019, 68, 167-176.	1.5	36
23	Similarity in Adaptations to High-Resistance Circuit vs. Traditional Strength Training in Resistance-Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 2519-2527.	2.1	35
24	Effects of multicomponent training on lean and bone mass in postmenopausal and older women: a systematic review. <i>Menopause</i> , 2018, 25, 346-356.	2.0	35
25	Short-term optimal load training vs a modified complex training in semi-professional basketball players. <i>Journal of Sports Sciences</i> , 2019, 37, 434-442.	2.0	35
26	Physical performance of elite and subelite Spanish female futsal players. <i>Biology of Sport</i> , 2016, 33, 297-304.	3.2	34
27	Kinematic, strength, and stiffness adaptations after a short-term sled towing training in athletes. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, 279-290.	2.9	32
28	Change of Direction Deficit in National Team Rugby Union Players: Is There an Influence of Playing Position?. <i>Sports</i> , 2019, 7, 2.	1.7	32
29	Acute Physiological and Performance Responses to High-Intensity Resistance Circuit Training in Hypoxic and Normoxic Conditions. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1040-1047.	2.1	31
30	Heart rate variability to assess ventilatory thresholds in professional basketball players. <i>Journal of Sport and Health Science</i> , 2017, 6, 468-473.	6.5	29
31	Screen Time and Parents' Education Level Are Associated with Poor Adherence to the Mediterranean Diet in Spanish Children and Adolescents: The PASOS Study. <i>Journal of Clinical Medicine</i> , 2021, 10, 795.	2.4	29
32	Throwing Velocities, Anthropometric Characteristics, and Efficacy Indices of Women's European Water Polo Subchampions. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 3051-3058.	2.1	28
33	Effect of high-intensity resistance circuit-based training in hypoxia on aerobic performance and repeat sprint ability. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 2135-2143.	2.9	28
34	Effects of Sled Towing on Peak Force, the Rate of Force Development and Sprint Performance During the Acceleration Phase. <i>Journal of Human Kinetics</i> , 2015, 46, 139-148.	1.5	25
35	Muscle damage and inflammation biomarkers after two ultra-endurance mountain races of different distances: 54 km vs 111 km. <i>Physiology and Behavior</i> , 2019, 205, 51-57.	2.1	25
36	Effects of 24 Weeks of Whole Body Vibration Versus Multicomponent Training on Muscle Strength and Body Composition in Postmenopausal Women: A Randomized Controlled Trial. <i>Rejuvenation Research</i> , 2017, 20, 193-201.	1.8	24

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37	Supplementation with a Polyphenol-Rich Extract, PerfLoad <sup>®</sup> , Improves Physical Performance during High-Intensity Exercise: A Randomized, Double Blind, Crossover Trial. <i>Nutrients</i> , 2017, 9, 421.	4.1	24
38	Acute Effects of Hesperidin in Oxidant/Antioxidant State Markers and Performance in Amateur Cyclists. <i>Nutrients</i> , 2019, 11, 1898.	4.1	24
39	Power training in elite young soccer players: Effects of using loads above or below the optimum power zone. <i>Journal of Sports Sciences</i> , 2020, 38, 1416-1422.	2.0	24
40	Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. <i>BioMed Research International</i> , 2020, 2020, 1-7.	1.9	24
41	A Systematic Review with Meta-Analysis of the Effect of Resistance Training on Whole-Body Muscle Growth in Healthy Adult Males. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1285.	2.6	23
42	Tactical and shooting variables that determine win or loss in top-Level in water polo. <i>International Journal of Performance Analysis in Sport</i> , 2011, 11, 486-498.	1.1	22
43	Relationship Between Characteristics of Water Polo Players and Efficacy Indices. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1852-1857.	2.1	22
44	Study protocol of a population-based cohort investigating Physical Activity, Sedentarism, lifestyles and Obesity in Spanish youth: the PASOS study. <i>BMJ Open</i> , 2020, 10, e036210.	1.9	22
45	Effects of the COVID-19 Lockdown on Neuromuscular Performance and Body Composition in Elite Futsal Players. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2309-2315.	2.1	21
46	Effects of Different Amplitudes (High vs. Low) of Whole-Body Vibration Training in Active Adults. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1798-1806.	2.1	20
47	Acute Effects of Two Different Resistance Circuit Training Protocols on Performance and Perceived Exertion in Semiprofessional Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 407-414.	2.1	20
48	Differences in Change of Direction Speed and Deficit Between Male and Female National Rugby Sevens Players. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 3170-3176.	2.1	19
49	Within Session Exercise Sequencing During Programming for Complex Training: Historical Perspectives, Terminology, and Training Considerations. <i>Sports Medicine</i> , 2022, 52, 2371-2389.	6.5	19
50	Effect of 12 Weeks of Whole-Body Vibration Versus Multi-Component Training in Post-Menopausal Women. <i>Rejuvenation Research</i> , 2015, 18, 508-516.	1.8	17
51	Estimation of maximum sprinting speed with timing gates: greater accuracy of 5-m split times compared to 10-m splits. <i>Sports Biomechanics</i> , 2024, 23, 262-272.	1.6	17
52	Vertical Versus Horizontal Resisted Sprint Training Applied to Young Soccer Players: Effects on Physical Performance. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 748-758.	2.3	17
53	A comparison of the isometric force fatigue-recovery profile in two posterior chain lower limb tests following simulated soccer competition. <i>PLoS ONE</i> , 2019, 14, e0206561.	2.5	16
54	The underpinning factors of NBA game-play performance: a systematic review (2001â€“2020). <i>Physician and Sportsmedicine</i> , 2022, 50, 94-122.	2.1	16

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55	Supplementation with a Polyphenol-Rich Extract, TensLess <sup>®</sup> , Attenuates Delayed Onset Muscle Soreness and Improves Muscle Recovery from Damages After Eccentric Exercise. <i>Phytotherapy Research</i> , 2017, 31, 1739-1746.	5.8	15
56	Regular consumption of HolisFiit, a polyphenol-rich extract-based food supplement, improves mind and body well-being of overweight and slightly obese volunteers: a randomized, double-blind, parallel trial. <i>International Journal of Food Sciences and Nutrition</i> , 2017, 68, 840-848.	2.8	14
57	What Are We Doing Wrong When Athletes Report Higher Levels of Fatigue From Traveling Than From Training or Competition?. <i>Frontiers in Psychology</i> , 2020, 11, 194.	2.1	14
58	8-Week Supplementation of 2S-Hesperidin Modulates Antioxidant and Inflammatory Status after Exercise until Exhaustion in Amateur Cyclists. <i>Antioxidants</i> , 2021, 10, 432.	5.1	13
59	Force-Velocity-Power Profiling During Weighted-Vest Sprinting in Soccer. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 747-756.	2.3	12
60	Effects of high-intensity resistance circuit-based training in hypoxia on body composition and strength performance. <i>European Journal of Sport Science</i> , 2019, 19, 941-951.	2.7	12
61	Change-of-Direction Ability, Linear Sprint Speed, and Sprint Momentum in Elite Female Athletes: Differences Between Three Different Team Sports. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 262-267.	2.1	12
62	Determinants of Adherence to the Mediterranean Diet in Spanish Children and Adolescents: The PASOS Study. <i>Nutrients</i> , 2022, 14, 738.	4.1	12
63	Strength Deficit in Elite Young Rugby Players: Differences Between Playing Positions and Associations With Sprint and Jump Performance. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 920-926.	2.1	12
64	Power-Load Curve in Trained Sprinters. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 3045-3050.	2.1	11
65	Position-Specific Anthropometry and Throwing Velocity of Elite Female Water Polo Players. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 472-477.	2.1	11
66	Short-Term Detraining Does Not Impair Strength, Speed, and Power Performance in Elite Young Soccer Players. <i>Sports</i> , 2020, 8, 141.	1.7	11
67	Acute Physiological Responses to High-Intensity Resistance Circuit Training vs. Traditional Strength Training in Soccer Players. <i>Biology</i> , 2020, 9, 383.	2.8	11
68	Validity, reliability, and calibration of the physical activity unit 7 item screener (PAU-7S) at population scale. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 98.	4.6	11
69	Effects of 8 Weeks of 2S-Hesperidin Supplementation on Performance in Amateur Cyclists. <i>Nutrients</i> , 2020, 12, 3911.	4.1	11
70	Narrative Review on the Use of Sled Training to Improve Sprint Performance in Team Sport Athletes. <i>Strength and Conditioning Journal</i> , 2023, 45, 13-28.	1.4	11
71	Effect of lower body explosive power on sprint time in a sled-towing exercise. <i>Science and Sports</i> , 2013, 28, e175-e178.	0.5	10
72	Effect of two different intensity distribution training programmes on aerobic and body composition variables in ultra-endurance runners. <i>European Journal of Sport Science</i> , 2019, 19, 636-644.	2.7	10

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73	Sixteen Weeks of Supplementation with a Nutritional Quantity of a Diversity of Polyphenols from Foodstuff Extracts Improves the Health-Related Quality of Life of Overweight and Obese Volunteers: A Randomized, Double-Blind, Parallel Clinical Trial. <i>Nutrients</i> , 2021, 13, 492.	4.1	10
74	Muscle Activity, Leg Stiffness, and Kinematics During Unresisted and Resisted Sprinting Conditions. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1839-1846.	2.1	10
75	Effect of a Whole-Body Vibration Training Modifying the Training Frequency of Workouts per Week in Active Adults. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 3255-3263.	2.1	9
76	Season Suspension and Summer Extension: Unique Opportunity for Professional Team-Sport Athletes and Support Staff During and Following the COVID-19 Crisis. <i>Frontiers in Sports and Active Living</i> , 2020, 2, 98.	1.8	9
77	8 weeks of 2 <i>S</i> -Hesperidin supplementation improves muscle mass and reduces fat in amateur competitive cyclists: randomized controlled trial. <i>Food and Function</i> , 2021, 12, 3872-3882.	4.6	9
78	Differences between Professional and Amateur Cyclists in Endogenous Antioxidant System Profile. <i>Antioxidants</i> , 2021, 10, 282.	5.1	9
79	Relationships between Resisted Sprint Performance and Different Strength and Power Measures in Rugby Players. <i>Sports</i> , 2020, 8, 34.	1.7	8
80	Does Muscle Tendon Unit Structure Predispose to Hamstring Strain Injury During Running? A Critical Review. <i>Sports Medicine</i> , 2021, 51, 215-224.	6.5	8
81	Seasonal Variations in Game Activity Profiles and Players' Neuromuscular Performance in Collegiate Division I Basketball: Non-conference vs. Conference Tournament. <i>Frontiers in Sports and Active Living</i> , 2020, 2, 592705.	1.8	8
82	Acute Effects of Progressive Sled Loading on Resisted Sprint Performance and Kinematics. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1524-1531.	2.1	7
83	The effect of whole-body vibration training on lean mass in postmenopausal women: a systematic review and meta-analysis. <i>Menopause</i> , 2017, 24, 225-231.	2.0	6
84	Authors' Reply to Cross et al.: Comment on: "The Effectiveness of Resisted Sled Training (RST) for Sprint Performance: A Systematic Review and Meta-analysis". <i>Sports Medicine</i> , 2019, 49, 353-356.	6.5	6
85	Effects of a Congested Fixture Period on Speed and Power Performance of Elite Young Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1120-1126.	2.3	6
86	Relationship among maximal grip, throwing velocity and anthropometric parameters in elite water polo players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2011, 51, 26-32.	0.7	6
87	Effects of Two Different Neuromuscular Training Protocols on Regional Bone Mass in Postmenopausal Women: A Randomized Controlled Trial. <i>Frontiers in Physiology</i> , 2019, 10, 846.	2.8	5
88	The Recovery Umbrella in the World of Elite Sport: Do Not Forget the Coaching and Performance Staff. <i>Sports</i> , 2021, 9, 169.	1.7	5
89	Estrategias dietéticas y composición corporal en halterofilia de elite: Revisión Sistemática. <i>Revista Española De Nutrición Humana Y Dietética</i> , 2017, 21, 237.	0.3	4
90	Match Day-1 Reactive Strength Index and In-Game Peak Speed in Collegiate Division I Basketball. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3259.	2.6	4

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91	Professional cyclists have lower levels of bone markers than amateurs. Is there a risk of osteoporosis in cyclist?. Bone, 2021, 153, 116102.	2.9	4
92	Entrenamiento en circuito. ¿Una herramienta útil para prevenir los efectos del envejecimiento?. (Circuit training. A useful tool for preventing the effects of aging?). Cultura, Ciencia Y Deporte, 2011, 6, 185-192.	0.2	4
93	Performance Profile among Age Categories in Young Cyclists. Biology, 2021, 10, 1196.	2.8	4
94	Validity and reliability of a unique aerobic field test for estimating VO2max among basketball players. , 2022, 1, 112-123.		4
95	PAHA study: Psychological Active and Healthy Aging: psychological wellbeing, proactive attitude and happiness effects of whole-body vibration versus Multicomponent Training in aged women: study protocol for a randomized controlled trial. Trials, 2014, 15, 177.	1.6	3
96	Muscle Architecture and Neuromuscular Changes After High-Resistance Circuit Training in Hypoxia. Journal of Strength and Conditioning Research, 2019, Publish Ahead of Print, .	2.1	3
97	New Tool to Control and Monitor Weighted Vest Training Load for Sprinting and Jumping in Soccer. Journal of Strength and Conditioning Research, 2019, 33, 3030-3038.	2.1	3
98	SOS to the Soccer World. Each Time the Preseason Games Are Less Friendly. Frontiers in Sports and Active Living, 2020, 2, 559539.	1.8	3
99	Variations in the Physical Performance of Olympic Boxers over a Four-Day National Qualifying Tournament. Sports, 2021, 9, 62.	1.7	3
100	Impact of Sled Loads on Performance and Kinematics of Elite Sprinters and Rugby Players. International Journal of Sports Physiology and Performance, 2022, 17, 465-473.	2.3	3
101	Combined Body Mass Index and Waist-to-Height Ratio and Its Association with Lifestyle and Health Factors among Spanish Children: The PASOS Study. Nutrients, 2022, 14, 234.	4.1	3
102	Effect of training in advanced trauma life support on the kinematics of the spine. Medicine (United Tj ETQq0 0 0 rgBT /Overlock 10 Tf 5	1.0	2
103	Características y efectos de los métodos resistidos en el sprint. (Characteristics and effects of Tj ETQq1 1 0.784314 rgBT /Overlock	0.2	2
104	Injury rates following the COVID-19 lockdown: A case study from an UEFA futsal champions league finalist. Apunts Sports Medicine, 2022, 57, 100377.	0.8	2
105	Electromyography, Stiffness and Kinematics of Resisted Sprint Training in the Specialized SKILLRUN® Treadmill Using Different Load Conditions in Rugby Players. Sensors, 2021, 21, 7482.	3.8	2
106	Chronic Supplementation of 2S-Hesperidin Improves Acid-Base Status and Decreases Lactate at FatMax, at Ventilatory Threshold 1 and 2 and After an Incremental Test in Amateur Cyclists. Biology, 2022, 11, 736.	2.8	1
107	Does External Load Reflect Acute Neuromuscular Fatigue and Rating of Perceived Exertion in Elite Young Soccer Players?. Journal of Strength and Conditioning Research, 2022, Publish Ahead of Print, .	2.1	1
108	Effects of whole-body vibration training on calf muscle function during maximal isometric voluntary contractions. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1268-1275.	2.9	0

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109	Acute effects of sled-towing exercise: A systematic review. <i>Cultura, Ciencia Y Deporte</i> , 2014, 9, 35-42.	0.2	0
110	Effect of strength-to-weight ratio on the time taken to perform a sled-towing exercise. <i>Journal of Human Sport and Exercise</i> , 2017, 12, .	0.4	0
111	Agility training in football players: a systematic review. <i>Cultura, Ciencia Y Deporte</i> , 0, 12, 127-134.	0.2	0
112	Influence of Physical and Technical Aspects on Change of Direction Performance of Rugby Players: An Exploratory Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 13390.	2.6	0
113	Differences between official and non-official matches in worst-case scenarios in elite futsal players. <i>Baltic Journal of Health and Physical Activity</i> , 2021, 13, 39-46.	0.5	0
114	SCS 4th Annual Conference: Strength and Conditioning for Human Performance, Porto, Portugal, 2021. <i>Sports</i> , 2022, 10, 93.	1.7	0