Pedro E Alcaraz

List of Publications by Year
in descending order

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	Estimation of maximum sprinting speed with timing gates: greater accuracy of 5-m split times compared to 10-m splits. Sports Biomechanics, 2024, 23, 262-272.	1.6	17
2	Narrative Review on the Use of Sled Training to Improve Sprint Performance in Team Sport Athletes. Strength and Conditioning Journal, 2023, 45, 13-28.	1.4	11
3	The underpinning factors of NBA game-play performance: a systematic review (2001â€“2020). Physician and Sportsmedicine, 2022, 50, 94-122.	2.1	16
4	Acute Effects of Progressive Sled Loading on Resisted Sprint Performance and Kinematics. Journal of Strength and Conditioning Research, 2022, 36, 1524-1531.	2.1	7
5	Muscle Activity, Leg Stiffness, and Kinematics During Unresisted and Resisted Sprinting Conditions. Journal of Strength and Conditioning Research, 2022, 36, 1839-1846.	2.1	10
6	Change-of-Direction Ability, Linear Sprint Speed, and Sprint Momentum in Elite Female Athletes: Differences Between Three Different Team Sports. Journal of Strength and Conditioning Research, 2022, 36, 262-267.	2.1	12
7	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
8	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
9	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
10	Determinants of Adherence to the Mediterranean Diet in Spanish Children and Adolescents: The PASOS Study. Nutrients, 2022, 14, 738.	4.1	12
11	Strength Deficit in Elite Young Rugby Players: Differences Between Playing Positions and Associations With Sprint and Jump Performance. Journal of Strength and Conditioning Research, 2022, 36, 920-926.	2.1	12
12	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
13	Validity and reliability of a unique aerobic field test for estimating VO2max among basketball players. , 2022, 1, 112-123.		4
14	SCS 4th Annual Conference: Strength and Conditioning for Human Performance, Porto, Portugal, 2021. Sports, 2022, 10, 93.	1.7	0
15	Within Session Exercise Sequencing During Programming for Complex Training: Historical Perspectives, Terminology, and Training Considerations. Sports Medicine, 2022, 52, 2371-2389.	6.5	19
16	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
17	Differences in Change of Direction Speed and Deficit Between Male and Female National Rugby Sevens Players. Journal of Strength and Conditioning Research, 2021, 35, 3170-3176.	2.1	19
18	8 weeks of 2S-Hesperidin supplementation improves muscle mass and reduces fat in amateur competitive cyclists: randomized controlled trial. Food and Function, 2021, 12, 3872-3882.	4.6	9

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19	Screen Time and Parentsâ€™ Education Level Are Associated with Poor Adherence to the Mediterranean Diet in Spanish Children and Adolescents: The PASOS Study. Journal of Clinical Medicine, 2021, 10, 795.	2.4	29
20	Differences between Professional and Amateur Cyclists in Endogenous Antioxidant System Profile. Antioxidants, 2021, 10, 282.	5.1	9
21	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. Nutrients, 2021, 13, 492.	4.1	10
22	Match Day-1 Reactive Strength Index and In-Game Peak Speed in Collegiate Division I Basketball. International Journal of Environmental Research and Public Health, 2021, 18, 3259.	2.6	4
23	8-Week Supplementation of 2S-Hesperidin Modulates Antioxidant and Inflammatory Status after Exercise until Exhaustion in Amateur Cyclists. Antioxidants, 2021, 10, 432.	5.1	13
24	Effects of wholeâ€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
25	Variations in the Physical Performance of Olympic Boxers over a Four-Day National Qualifying Tournament. Sports, 2021, 9, 62.	1.7	3
26	Effects of the COVID-19 Lockdown on Neuromuscular Performance and Body Composition in Elite Futsal Players. Journal of Strength and Conditioning Research, 2021, 35, 2309-2315.	2.1	21
27	Validity, reliability, and calibration of the physical activity unit 7 item screener (PAU-7S) at population scale. International Journal of Behavioral Nutrition and Physical Activity, 2021, 18, 98.	4.6	11
28	Effects of a Congested Fixture Period on Speed and Power Performance of Elite Young Soccer Players. International Journal of Sports Physiology and Performance, 2021, 16, 1120-1126.	2.3	6
29	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
30	Does Muscleâ€“Tendon Unit Structure Predispose to Hamstring Strain Injury During Running? A Critical Review. Sports Medicine, 2021, 51, 215-224.	6.5	8
31	Electromyography, Stiffness and Kinematics of Resisted Sprint Training in the Specialized SKILLRUNÂ® Treadmill Using Different Load Conditions in Rugby Players. Sensors, 2021, 21, 7482.	3.8	2
32	Performance Profile among Age Categories in Young Cyclists. Biology, 2021, 10, 1196.	2.8	4
33	Influence of Physical and Technical Aspects on Change of Direction Performance of Rugby Players: An Exploratory Study. International Journal of Environmental Research and Public Health, 2021, 18, 13390.	2.6	0
34	The Recovery Umbrella in the World of Elite Sport: Do Not Forget the Coaching and Performance Staff. Sports, 2021, 9, 169.	1.7	5
35	Differences between official and non-official matches in worst-case scenarios in elite futsal players. Baltic Journal of Health and Physical Activity, 2021, 13, 39-46.	0.5	0
36	Power training in elite young soccer players: Effects of using loads above or below the optimum power zone. Journal of Sports Sciences, 2020, 38, 1416-1422.	2.0	24

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37	Study protocol of a population-based cohort investigating Physical Activity, Sedentarism, lifestyles and Obesity in Spanish youth: the PASOS study. BMJ Open, 2020, 10, e036210.	1.9	22
38	Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. BioMed Research International, 2020, 2020, 1-7.	1.9	24
39	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
40	Season Suspension and Summer Extension: Unique Opportunity for Professional Team-Sport Athletes and Support Staff During and Following the COVID-19 Crisis. Frontiers in Sports and Active Living, 2020, 2, 98.	1.8	9
41	Short-Term Detraining Does Not Impair Strength, Speed, and Power Performance in Elite Young Soccer Players. Sports, 2020, 8, 141.	1.7	11
42	Physical and Physiological Match-Play Demands and Player Characteristics in Futsal: A Systematic Review. Frontiers in Psychology, 2020, 11, 569897.	2.1	56
43	Acute Physiological Responses to High-Intensity Resistance Circuit Training vs. Traditional Strength Training in Soccer Players. Biology, 2020, 9, 383.	2.8	11
44	Complex and Contrast Training: Does Strength and Power Training Sequence Affect Performance-Based Adaptations in Team Sports? A Systematic Review and Meta-analysis. Journal of Strength and Conditioning Research, 2020, 34, 1461-1479.	2.1	47
45	Mechanisms of Hamstring Strain Injury: Interactions between Fatigue, Muscle Activation and Function. Sports, 2020, 8, 65.	1.7	48
46	Training load and match-play demands in basketball based on competition level: A systematic review. PLoS ONE, 2020, 15, e0229212.	2.5	98
47	Relationships between Resisted Sprint Performance and Different Strength and Power Measures in Rugby Players. Sports, 2020, 8, 34.	1.7	8
48	What Are We Doing Wrong When Athletes Report Higher Levels of Fatigue From Traveling Than From Training or Competition?. Frontiers in Psychology, 2020, 11, 194.	2.1	14
49	Effects of Resistance Training Movement Pattern and Velocity on Isometric Muscular Rate of Force Development: A Systematic Review with Meta-analysis and Meta-regression. Sports Medicine, 2020, 50, 943-963.	6.5	49
50	Strategies and Solutions for Team Sports Athletes in Isolation due to COVID-19. Sports, 2020, 8, 56.	1.7	142
51	Vertical Versus Horizontal Resisted Sprint Training Applied to Young Soccer Players: Effects on Physical Performance. International Journal of Sports Physiology and Performance, 2020, 15, 748-758.	2.3	17
52	A Systematic Review with Meta-Analysis of the Effect of Resistance Training on Whole-Body Muscle Growth in Healthy Adult Males. International Journal of Environmental Research and Public Health, 2020, 17, 1285.	2.6	23
53	Effects of 8 Weeks of 2S-Hesperidin Supplementation on Performance in Amateur Cyclists. Nutrients, 2020, 12, 3911.	4.1	11
54	Seasonal Variations in Game Activity Profiles and Players' Neuromuscular Performance in Collegiate Division I Basketball: Non-conference vs. Conference Tournament. Frontiers in Sports and Active Living, 2020, 2, 592705.	1.8	8

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55	Short-term optimal load training vs a modified complex training in semi-professional basketball players. Journal of Sports Sciences, 2019, 37, 434-442.	2.0	35
56	Acute Effects of Hesperidin in Oxidant/Antioxidant State Markers and Performance in Amateur Cyclists. Nutrients, 2019, 11, 1898.	4.1	24
57	Effects of Two Different Neuromuscular Training Protocols on Regional Bone Mass in Postmenopausal Women: A Randomized Controlled Trial. Frontiers in Physiology, 2019, 10, 846.	2.8	5
58	Maximum acceleration performance of professional soccer players in linear sprints: Is there a direct connection with change-of-direction ability?. PLoS ONE, 2019, 14, e0216806.	2.5	55
59	A comparison of the isometric force fatigue-recovery profile in two posterior chain lower limb tests following simulated soccer competition. PLoS ONE, 2019, 14, e0206561.	2.5	16
60	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
61	Change of Direction Deficit in National Team Rugby Union Players: Is There an Influence of Playing Position?. Sports, 2019, 7, 2.	1.7	32
62	Force-Velocity-Power Profiling During Weighted-Vest Sprinting in Soccer. International Journal of Sports Physiology and Performance, 2019, 14, 747-756.	2.3	12
63	Effects of highâ€intensity resistance circuitâ€based training in hypoxia on body composition and strength performance. European Journal of Sport Science, 2019, 19, 941-951.	2.7	12
64	Effect of two different intensity distribution training programmes on aerobic and body composition variables in ultraâ€endurance runners. European Journal of Sport Science, 2019, 19, 636-644.	2.7	10
65	Authorsâ€™ Reply to Cross et al.: Comment on: â€œThe Effectiveness of Resisted Sled Training (RST) for Sprint Performance: A Systematic Review and Meta-analysisâ€. Sports Medicine, 2019, 49, 353-356.	6.5	6
66	Muscle damage and inflammation biomarkers after two ultra-endurance mountain races of different distances: 54â€¯km vs 111â€¯km. Physiology and Behavior, 2019, 205, 51-57.	2.1	25
67	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
68	Influence of Strength and Power Capacity on Change of Direction Speed and Deficit in Elite Team-Sport Athletes. Journal of Human Kinetics, 2019, 68, 167-176.	1.5	36
69	The efficacy of resistance training in hypoxia to enhance strength and muscle growth: A systematic review and metaâ€analysis. European Journal of Sport Science, 2018, 18, 92-103.	2.7	37
70	Effects of multicomponent training on lean and bone mass in postmenopausal and older women: a systematic review. Menopause, 2018, 25, 346-356.	2.0	35
71	Whole-body vibration training and bone health in postmenopausal women. Medicine (United States), 2018, 97, e11918.	1.0	50
72	Effect of highâ€intensity resistance circuitâ€based training in hypoxia on aerobic performance and repeat sprint ability. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2135-2143.	2.9	28

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73	The Effectiveness of Resisted Sled Training (RST) for Sprint Performance: A Systematic Review and Meta-analysis. Sports Medicine, 2018, 48, 2143-2165.	6.5	94
74	Heart rate variability to assess ventilatory thresholds in professional basketball players. Journal of Sport and Health Science, 2017, 6, 468-473.	6.5	29
75	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. International Journal of Food Sciences and Nutrition, 2017, 68, 840-848.	2.8	14
76	Biochemical responses and physical performance during high-intensity resistance circuit training in hypoxia and normoxia. European Journal of Applied Physiology, 2017, 117, 809-818.	2.5	42
77	Acute Physiological and Performance Responses to High-Intensity Resistance Circuit Training in Hypoxic and Normoxic Conditions. Journal of Strength and Conditioning Research, 2017, 31, 1040-1047.	2.1	31
78	Effects of 24 Weeks of Whole Body Vibration Versus Multicomponent Training on Muscle Strength and Body Composition in Postmenopausal Women: A Randomized Controlled Trial. Rejuvenation Research, 2017, 20, 193-201.	1.8	24
79	Supplementation with a Polyphenolâ€Rich Extract, TensLess^{Â®}, Attenuates Delayed Onset Muscle Soreness and Improves Muscle Recovery from Damages After Eccentric Exercise. Phytotherapy Research, 2017, 31, 1739-1746.	5.8	15
80	Effectiveness of Resistance Circuit-Based Training for Maximum Oxygen Uptake and Upper-Body One-Repetition Maximum Improvements: A Systematic Review and Meta-Analysis. Sports Medicine, 2017, 47, 2553-2568.	6.5	41
81	Effect of training in advanced trauma life support on the kinematics of the spine. Medicine (United) Tj ETQq1 1 0.784314 rgBT /Overlo	1.0	2
82	The effect of whole-body vibration training on lean mass in postmenopausal women: a systematic review and meta-analysis. Menopause, 2017, 24, 225-231.	2.0	6
83	Estrategias dietÃ©ticas y composiciÃ³n corporal en halterofilia de Ã©lite: RevisiÃ³n SistemÃ¡tica. Revista Espanola De Nutricion Humana Y Dietetica, 2017, 21, 237.	0.3	4
84	Supplementation with a Polyphenol-Rich Extract, PerfLoadÂ®, Improves Physical Performance during High-Intensity Exercise: A Randomized, Double Blind, Crossover Trial. Nutrients, 2017, 9, 421.	4.1	24
85	Short-term adaptations following Complex Training in team-sports: A meta-analysis. PLoS ONE, 2017, 12, e0180223.	2.5	51
86	Effect of strength-to-weight ratio on the time taken to perform a sled-towing exercise. Journal of Human Sport and Exercise, 2017, 12, .	0.4	0
87	Physical performance of elite and subelite Spanish female futsal players. Biology of Sport, 2016, 33, 297-304.	3.2	34
88	Acute Effects of Two Different Resistance Circuit Training Protocols on Performance and Perceived Exertion in Semiprofessional Basketball Players. Journal of Strength and Conditioning Research, 2016, 30, 407-414.	2.1	20
89	Muscle damage, physiological changes, and energy balance in ultra-endurance mountain-event athletes. Applied Physiology, Nutrition and Metabolism, 2016, 41, 872-878.	1.9	45
90	Effects of Sled Towing on Peak Force, the Rate of Force Development and Sprint Performance During the Acceleration Phase. Journal of Human Kinetics, 2015, 46, 139-148.	1.5	25

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91	Position-Specific Anthropometry and Throwing Velocity of Elite Female Water Polo Players. Journal of Strength and Conditioning Research, 2015, 29, 472-477.	2.1	11
92	Effects of hamstringâ€emphasized neuromuscular training on strength and sprinting mechanics in football players. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, e621-9.	2.9	60
93	Effect of 12 Weeks of Whole-Body Vibration Versus Multi-Component Training in Post-Menopausal Women. Rejuvenation Research, 2015, 18, 508-516.	1.8	17
94	Kinematic, strength, and stiffness adaptations after a shortâ€term sled towing training in athletes. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, 279-290.	2.9	32
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	Effect of a Whole-Body Vibration Training Modifying the Training Frequency of Workouts per Week in Active Adults. Journal of Strength and Conditioning Research, 2014, 28, 3255-3263.	2.1	9
97	Acute effects of sled-towing exercise: A systematic review. Cultura, Ciencia Y Deporte, 2014, 9, 35-42.	0.2	0
98	Effect of lower body explosive power on sprint time in a sled-towing exercise. Science and Sports, 2013, 28, e175-e178.	0.5	10
99	Effects of high-resistance circuit training in an elderly population. Experimental Gerontology, 2013, 48, 334-340.	2.8	55
100	Impact of Resistance Circuit Training on Neuromuscular, Cardiorespiratory and Body Composition Adaptations in the Elderly. , 2013, 04, 256-263.		70
101	Effects of Different Amplitudes (High vs. Low) of Whole-Body Vibration Training in Active Adults. Journal of Strength and Conditioning Research, 2013, 27, 1798-1806.	2.1	20
102	Anthropometric Profile, Vertical Jump, and Throwing Velocity in Elite Female Handball Players by Playing Positions. Journal of Strength and Conditioning Research, 2012, 26, 2146-2155.	2.1	67
103	Relationship Between Characteristics of Water Polo Players and Efficacy Indices. Journal of Strength and Conditioning Research, 2012, 26, 1852-1857.	2.1	22
104	Similarity in Adaptations to High-Resistance Circuit vs. Traditional Strength Training in Resistance-Trained Men. Journal of Strength and Conditioning Research, 2011, 25, 2519-2527.	2.1	35
105	Powerâ€“Load Curve in Trained Sprinters. Journal of Strength and Conditioning Research, 2011, 25, 3045-3050.	2.1	11
106	Throwing Velocities, Anthropometric Characteristics, and Efficacy Indices of Women's European Water Polo Subchampions. Journal of Strength and Conditioning Research, 2011, 25, 3051-3058.	2.1	28
107	Tactical and shooting variables that determine win or loss in top-Level in water polo. International Journal of Performance Analysis in Sport, 2011, 11, 486-498.	1.1	22
108	Entrenamiento en circuito. Â¿Una herramienta Ãºtil 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

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109	Relationship among maximal grip, throwing velocity and anthropometric parameters in elite water polo players. Journal of Sports Medicine and Physical Fitness, 2011, 51, 26-32.	0.7	6
110	Determining the Optimal Load for Resisted Sprint Training With Sled Towing. Journal of Strength and Conditioning Research, 2009, 23, 480-485.	2.1	61
111	CaracterÃsticas y efectos de los mÃ©todos resistidos en el sprint. (Characteristics and effects of) Tj ETQq1 1 0.784314 rgBT /Overloc	0.2	2
112	Effects of Three Types of Resisted Sprint Training Devices on the Kinematics of Sprinting at Maximum Velocity. Journal of Strength and Conditioning Research, 2008, 22, 890-897.	2.1	96
113	Physical Performance and Cardiovascular Responses to an Acute Bout of Heavy Resistance Circuit Training versus Traditional Strength Training. Journal of Strength and Conditioning Research, 2008, 22, 667-671.	2.1	53
114	Agility training in football players: a systematic review. Cultura, Ciencia Y Deporte, 0, 12, 127-134.	0.2	0