

Nationalt Netværk for Præstation, Restitution og Kostoptimering i Intervalidræt (PRoKIT)

Publikationer, PRoKIT 2019-2024:

Videnskabelige artikler (85), Bøger, bogkapitler og rapporter (9).

Videnskabelige artikler 2024 (27):

- 1) Vigh-Larsen JF, Junge N, Cialdella-Kam L, Tomás R, Young L, Krstrup P, Mohr M, Nybo L (2024). Testing in Intermittent Sports-Importance for Training and Performance Optimization in Adult Athletes. *Med Sci Sports Exerc.* 56(8):1505-1537. doi: 10.1249/MSS.0000000000003442.
- 2) Frstrup B, Krstrup P, Kristensen KH, Rasmussen S, & Aagaard P (2024). Test–retest reliability of lower limb muscle strength, jump and sprint performance tests in elite female team handball players. *European Journal of Applied Physiology*, 124, 2577–2589. <https://doi.org/10.1007/s00421-024-05470-x>
- 3) Frstrup B, Krstrup P, Petz, AK, Bencke J, Zebis MK, & Aagaard P (2024). Effects of Off-Season Heavy-Load Resistance Training on Lower Limb Mechanical Muscle Function and Physical Performance in Elite Female Team Handball Players. *Journal of Functional Morphology and Kinesiology*, 9(4), 268. <https://doi.org/10.3390/jfmk9040268>
- 4) Ermidis G, Mohr M, Jamurtas AZ, Draganidis D, Poullos A, Papanikolaou K, Vigh-Larsen JF, Loules G, Sovatzidis A, Nakopoulou T, Tsimeas P, Douroudos II, Papadopoulos C, Papadimas G, Rosvoglou A, Liakou C, Deli CK, Georgakouli K, Chatzinikolaou A, Krstrup P, Fatouros IG (2024). Recovery during Successive 120-min Football Games: Results from the 120-min Placebo/Carbohydrate Randomized Controlled Trial. *Med Sci Sports Exerc.* 56(6):1094-1107. doi: 10.1249/MSS.0000000000003398.
- 5) Nassis GP, Girard O, Chiampas GT, Krstrup P, Racinais S (2024). In-match strategies to mitigate the effect of heat on football (soccer) players' health and performance. *Br J Sports Med.* 58(11):572-573. doi: 10.1136/bjsports-2023-107907.
- 6) Vigh-Larsen JF, Thorsteinsson H, Thomassen M, Panduro J, Frstrup B, Randers MB, Olesen JL, Krstrup P, Overgaard K, Nybo L, Mohr M (2024). Associations between skeletal muscle phenotype, positional role, and on-ice performance in elite male ice hockey players. *Physiol Rep.* 12(21):e70081. doi: 10.14814/phy2.70081.
- 7) Vigh-Larsen JF, Frangos SM, Overgaard K, Holloway GP, Mohr M (2024). Fatiguing high-intensity intermittent exercise depresses maximal Na⁺-K⁺-ATPase activity in human skeletal muscle assessed using a novel NADH-coupled assay. *Pflugers Arch.* doi: 10.1007/s00424-024-03036-6.
- 8) Vigh-Larsen JF, Kruse DZ, Moseholt MB, Hansen LGB, Christensen AL, Bæk A, Andersen OE, Mohr M, Overgaard K (2024). No Effects of Carbohydrate Ingestion on Muscle Metabolism or Performance During Short-Duration High-Intensity Intermittent Exercise. *Scand J Med Sci Sports.* 34(9):e14731. doi: 10.1111/sms.14731. PMID: 39308061.
- 9) Martone D, Vigh-Larsen JF, Vitucci D, Larsen MN, Randers MB, Olesen JL, Mohr M, Mancini A, Krstrup P, Buono P (2024). Potential Effects of Lifelong Team Handball and Football Training and Nutritional Habits on Bone Health and Body Composition in Elderly Women. *J Funct Morphol Kinesiol.* 9(3):159. doi: 10.3390/jfmk9030159.

- 10) Osses-Rivera A, Yáñez-Sepúlveda R, Jannas-Vela S, Vigh-Larsen JF, Monsalves-Álvarez M (2024). Effects of strength training on repeated sprint ability in team sports players: a systematic review. *PeerJ*. 2024 Aug 6;12:e17756. doi: 10.7717/peerj.17756.
- 11) Wei X, Zhang J, Wu J, Chen C, Chmura P, Krstrup P (2024). Relationship between team ranking and physical fitness in elite male handball players in different playing positions. *Sci Rep*. 14(1):3206. doi: 10.1038/s41598-024-53435-z.
- 12) Field A, Corr L, Birdsey L, Langley C, Marshall B, Wood G, Hearris M, Martinho D, Carbry C, Naughton R, Fleming J, Mohr M, Krstrup P, Russell M, David Harper L (2024). Caffeine Gum Improves Reaction Time but Reduces Composure Versus Placebo During the Extra-Time Period of Simulated Soccer Match-Play in Male Semiprofessional Players. *Int J Sport Nutr Exerc Metab*. 34(5):286-297. doi: 10.1123/ijsnem.2023-0220.
- 13) Brocherie F, Stetter BJ, Poltavski D, Vigh-Larsen JF (2024). Editorial: Hockey: testing and performance. *Front Sports Act Living*. 6:1364470. doi: 10.3389/fspor.2024.1364470.
- 14) Beato M, Jaward MH, Nassis GP, Figueiredo P, Clemente FM, Krstrup P (2024). An Educational Review on Machine Learning: A SWOT Analysis for Implementing Machine Learning Techniques in Football. *Int J Sports Physiol Perform*. 11:1-9. doi: 10.1123/ijsp.2024-0247.
- 15) Midoglu C, Kjæreng Winther A, Boeker M, Dahl Pettersen S, Pedersen S, Ragab N, Kupka T, Hicks S A, Bredsgaard Randers M, Jain R, Dagensborg HJ, Pettersen SA, Johansen D, Riegler MA, & Halvorsen P (2024). A large-scale multivariate soccer athlete health, performance, and position monitoring dataset. *Scientific Data*, 11(1), 553.
- 16) Winther KA, Baptista I, Pedersen S, Brito J, Randers MB, Johansen D & Pettersen SA (2024). An analysis of training load in highly trained female football players. *PLOS One*, 19(3) e0299851.
- 17) Vigh-Larsen JF, Ørtenblad N, Stoltz V, Fransson D, Yousefian F, Panduro J, Randers MB, Ehlers TS, Krstrup P, Mohr M (2024). Muscle metabolism and performance during simulated peak intensity periods occurring early and late in a soccer-specific exercise protocol in well-trained male players. Submitted to *Scandinavian Journal Medicine & Science in Sports*, in press.
- 18) Rømer T, Hansen MT, Lange KK, Petersen ML, Ibh AP, Panduro J, Krstrup P, Dela F, Helge JW (2024). Peak fat oxidation, peak oxygen uptake, and running performance increase during pre-season in sub-elite male football players. *Scand J Med Sci Sports*. 34(4):e14617. doi: 10.1111/sms.14617.
- 19) Wei X, Zhao Y, Chen H, Chmura P, Randers MB, Krstrup P (2024). Goal scoring patterns in the FIFA World Cup 2022 group stage: more goals by substitute players, but no effect of more stoppage time. *J Sports Med Phys Fitness*. 64(2):121-128. doi: 10.23736/S0022-4707.23.15296-0.
- 20) Andersen TR, Malone JJ & Randers MB (2024). The youth elite football players. *Frontiers in Sports and Active Living*, 6, 1399143. doi: 10.3389/fspor.2024.1399143.
- 21) Castagna C, Krstrup P, Mohr M, Póvoas S (2024). Enhancing match official performance: a forward-thinking approach for football evolution. *Sci Med Footb*. 8(4):401-404. doi: 10.1080/24733938.2023.2293843.
- 22) Yousefian F, Zafar A, Fransson D, Mohr M, Brito J, Travassos B (2024). Characterizing the most demanding passages of kinematic and mechanical activity in elite football: a multifactorial approach. *Biol Sport*. 2024 Oct;41(4):41-50. doi: 10.5114/biolSport.2024.134756.
- 23) Rago V, Fernandes T, Mohr M (2024). Identifying Key Training Load and Intensity Indicators in Ice Hockey Using Unsupervised Machine Learning. *Res Q Exerc Sport*. 3:1-13. Ahead of print. doi: 10.1080/02701367.2024.2360162.

- 24) Parnow A, Amani-Shalamzari S, Mohr M, Bagchi S, Dutta S, Sengupta P (2024). Association between aerobic performance and physiological responses in Yo-Yo intermittent recovery test level 2, and the futsal-specific intermittent endurance test in trained futsal players. *J Basic Clin Physiol Pharmacol*. 2024 Jul 24;35(4-5):285-294. doi: 10.1515/jbcpp-2024-0039.
- 25) Wei X, Shu Y, Liu J, Chmura P, Randers MB, Krstrup P (2024). Analysing substitutions in recent World Cups and European Championships in male and female elite football - influence of new substitution rules. *Biol Sport*. 41(3):267-274. doi: 10.5114/biol sport.2024.134755.
- 26) Beato M, Madsen EE, Clubb J, Emmonds S, Krstrup P (2024). Monitoring Readiness to Train and Perform in Female Football: Current Evidence and Recommendations for Practitioners. *Int J Sports Physiol Perform*. 19(3):223-231. doi: 10.1123/ijsp.2023-0405.
- 27) Leifsson EN, Krstrup P, Mohr M, Randers MB. Effect of peak intensity periods on temporary fatigue and recovery kinetics in professional male football. *J Sports Sci*. 2024 May;42(9):769-775. doi: 10.1080/02640414.2024.2364135.

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- 28) Rago, V., Mohr, M., & Vigh-Larsen, J. (2023). Quantifying training load and intensity in elite male ice hockey according to game-related contextual variables. *Biology of Sport*, 40(1), 283-289.
- 29) Thorsteinsson, H., Vigh-Larsen, J. F., Panduro, J., Frstrup, B., Kruse, D. Z., Gliemann, L., Egeland, M., Olesen, J. L., Aagaard, P., Randers, M. B., Krstrup, P., Nybo, L., Overgaard, K., & Mohr, M. (2023). The recovery of muscle function and glycogen levels following game-play in young elite male ice hockey players. *Scandinavian Journal of Medicine and Science in Sports*. 2023 Jan 1;55(1):80-92.
- 30) Knudsen CB, Nielsen J, Ørtenblad N, Mohr M, Overgaard K, Vigh-Larsen JF (2023). No net utilization of intramuscular lipid droplets during repeated high-intensity intermittent exercise. *Am J Physiol Endocrinol Metab*. 325(6):E700-E710. doi: 10.1152/ajpendo.00298.2023.
- 31) Vigh-Larsen JF (2023). Muscle glycogen depletion: a weak-link rendering muscle cells prone to potassium-induced fatigue? *J Physiol*. 601(24):5585-5586. doi: 10.1113/JP285818.
- 32) Mohr M, Fatouros IG, Asghar M, Buono P, Nassis GP, Krstrup P (2023). Football training as a non-pharmacological treatment of the global aging population-A topical review. *Front Aging* 9;4:1146058.
- 33) Mohr M, Ermidis G, Jamurtas AZ, Vigh-Larsen JF, Poullos A, Draganidis D, Papanikolaou K, Tsimeas P, Batsilas D, Loules G, Batrakoulis A, Sovatzidis A, Nielsen JL, Tzatzakis T, Deli CK, Nybo L, Krstrup P, Fatouros IG (2023). Extended Match Time Exacerbates Fatigue and Impacts Physiological Responses in Male Soccer Players. *Med Sci Sports Exerc*. 55(1):80-92.
- 34) Martone D, Vitucci D, Mancini A, Ermidis G, Panduro J, Cosco LF, Randers MB, Larsen MN, Mohr M, Buono P, Krstrup P (2023). Bone Health, Body Composition and Physiological Demands in 70-85-Year-Old Lifelong Male Football Players. *Sports (Basel)* 18;11(10):205.

Videnskabelige artikler 2022 (22):

- 35) Kirkendall, DT, Krstrup, P (2022). Studying professional and recreational female footballers: A bibliometric exercise. *Scand J Med Sci Sports*. 32: 1–15. <https://doi.org/10.1111/sms.14019>
- 36) Krstrup, P., Mohr, M., Nybo, L., Draganidis, D., Randers, M. B., Ermidis, G., ... & Fatouros, I. G. (2022). Muscle metabolism and impaired sprint performance in an elite women's football game. *Scandinavian Journal of Medicine & Science in Sports*, 32, 27-38.

- 37) Nassis, G.P., Brito, J., Tomás, R., Heiner-Møller, K., Harder, P., Kryger, K.O. and Krstrup, P. (2022), Elite women's football: Evolution and challenges for the years ahead. *Scand J Med Sci Sports*. 32. <https://doi.org/10.1111/sms.14094>
- 38) Panduro, J., Vigh-Larsen, J. F., Ermidis, G., Póvoas, S., Schmidt, J. F., Sogaard, K., ... & Randers, M. B. (2022). Acute arm and leg muscle glycogen and metabolite responses to small-sided football games in healthy young men. *European Journal of Applied Physiology*, 122(8), 1929-1937.
- 39) Baptista, I., Winther, A. K., Johansen, D., Randers, M. B., Pedersen, S., & Pettersen, S. A. (2022). The variability of physical match demands in elite women's football. *Science and Medicine in Football*, 6(5), 559-565.
- 40) Vigh-Larsen, J. F., & Mohr, M. (2022). The Physiology of Ice Hockey Performance: An Update. *Scandinavian Journal of Medicine & Science in Sports*.
- 41) Rago, V., Muschinsky, A., Deylami, K., Vigh-Larsen, J. F., & Mohr, M. (2022). Game Demands of a Professional Ice Hockey Team with Special Emphasis on Fatigue Development and Playing Position. *Journal of Human Kinetics*, 84(1), 195-205.
- 42) Rago, V., Vigh-Larsen, J. F., Deylami, K., Muschinsky, A., & Mohr, M. (2022). Use of Rating of Perceived Exertion-Based Training Load in Elite Ice Hockey Training and Match-Play. *Journal of Strength and Conditioning Research*, 36(10), 2837-2843.
- 43) Panduro J, Ermidis G, Røddik L, Vigh-Larsen JF, Madsen EE, Larsen MN, Pettersen SA, Krstrup P, Randers MB. Physical performance and loading for six playing positions in elite female football: full-game, end-game, and peak periods. *Scand J Med Sci Sports*. 2022 Apr;32 Suppl 1:115-126. doi: 10.1111/sms.13877.
- 44) Madsen, E.E., Hansen, T., Thomsen, S.D., Panduro, J., Ermidis, G., Krstrup, P., Randers, M.B., Larsen, C.H., Elbe, A.-M. and Wikman, J. (2022), Can psychological characteristics, football experience, and player status predict state anxiety before important matches in Danish elite-level female football players? *Scand J Med Sci Sports*. 32. <https://doi.org/10.1111/sms.13881>
- 45) Baptista, I., Winther, A. K., Johansen, D., Randers, M. B., Pedersen, S., & Pettersen, S. A. (2022). The variability of physical match demands in elite women's football. *Science and Medicine in Football*, 6(5), 559-565.
- 46) de Sousa, M. V., Lundsgaard, A. M., Christensen, P. M., Christensen, L., Randers, M. B., Mohr, M., ... & Fritzen, A. M. (2022). Nutritional optimization for female elite football players—Topical review. *Scandinavian Journal of Medicine & Science in Sports*, 32, 81-104.
- 47) Winther, A. K., Baptista, I., Pedersen, S., Randers, M. B., Johansen, D., Krstrup, P., & Pettersen, S. A. (2022). Position specific physical performance and running intensity fluctuations in elite women's football. *Scandinavian Journal of Medicine & Science in sports*, 32, 105-114.
- 48) Mohr M, Brito J, de Sousa M, Pettersen SA (2022). Executive summary: Elite women's football-Performance, recovery, diet, and health. *Scand J Med Sci Sports*. 32(S1):3-6. doi: 10.1111/sms.14145.
- 49) Vigh-Larsen JF, Ørtenblad N, Emil Andersen O, Thorsteinsson H, Kristiansen TH, Bilde S, Mikkelsen MS, Nielsen J, Mohr M, Overgaard K (2022). Fibre type- and localisation-specific muscle glycogen utilisation during repeated high-intensity intermittent exercise. *J Physiol*. 2022 Nov;600(21):4713-4730. doi: 10.1113/JP283225.
- 50) Vigh-Larsen JF, Ørtenblad N, Nielsen J, Emil Andersen O, Overgaard K, Mohr M (2022). The Role of Muscle Glycogen Content and Localization in High-Intensity Exercise Performance: A Placebo-Controlled Trial. *Med Sci Sports Exerc*. 2022 Dec 1;54(12):2073-2086. doi: 10.1249/MSS.0000000000003002.
- 51) Jeppesen JS, Vigh-Larsen JF, Oxfeldt MS, Laustsen NM, Mohr M, Bangsbo J, Hostrup M (2022). Four Weeks of Intensified Training Enhances On-Ice Intermittent Exercise

- Performance and Increases Maximal Oxygen Consumption of Youth National-Team Ice Hockey Players. *Int J Sports Physiol Perform.* 26;17(10):1507-1515. doi: 10.1123/ijsspp.2021-0560.2
- 52) Parnow A, Amani-Shalamzari S, Mohr M (2022). The Repeated Curve Sprint Test Appears To Be an Appropriate Tool for Estimating Anaerobic Fitness in Young Trained Male Futsal Players. *J Hum Kinet.* 82:181-189. doi: 10.2478/hukin-2022-0044.
 - 53) Mohr, M., Fatouros, I. G., Jamurtas, A. Z., Draganidis, D., Thomassen, M., Ørntoft, C., ... & Nybo, L. (2022). Skeletal muscle phenotype and game performance in elite women football players. *Scandinavian Journal of Medicine & Science in Sports*, 32, 39-53.
 - 54) Moreno-Pérez, V., Penaranda, M., Soler, A., Lopez-Samanes, À., Aagaard, P., & Del Coso, J. (2022) Effects of whole-season training and match-play on hip adductor and abductor muscle strength in football players. A pilot study. *Sports Health* 14, 912-919.
 - 55) Moreno-Pérez, V., Rodas, G., Peñaranda-Moraga, M., López-Samanes, Á., Romero-Rodríguez, D., Aagaard, P. & Del Coso, J. (2022). Effects of football training and match-play on hamstring muscle strength and passive hip and ankle range of motion during the competitive season. *Int. J. Environ. Res. Public Health* 19, 2897.
 - 56) de Sousa, M. V., Lundsgaard, A. M., Christensen, P. M., Christensen, L., Randers, M. B., Mohr, M., ... & Fritzen, A. M. (2022). Nutritional optimization for female elite football players—Topical review. *Scandinavian journal of medicine & science in sports*, 32, 81-104

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- 57) Vigh-Larsen, J. F., Ørtenblad, N., Spriet, L. L., Overgaard, K., & Mohr, M. (2021). Muscle Glycogen Metabolism and High-Intensity Exercise Performance: A Narrative Review. *Sports Medicine*, 1-20.
- 58) Rago, V., Muschinsky, A., Deylami, K., Mohr, M., & Vigh-Larsen, J. F. (2021). Weekly Training Load in Elite Male Ice Hockey: Practice Versus Competition Demands. *International Journal of Sports Physiology and Performance*, 1(aop), 1-8.
- 59) Sørensen B, Aagaard P, Malchow-Møller L, Zebis MK, Bencke J (2021). Medio-lateral hamstring muscle activity in unilateral vs. bilateral strength exercises in female Team Handball players - A cross-sectional study. *Int. J. Sports Phys. Ther.* 16, 704-714.
- 60) Madsen, E.E., Hansen, T., Thomsen, S.D., Panduro, J., Ermidis, G., Krstrup, P., Randers, M.B., Larsen, C.H., Elbe, A.-M. and Wikman, J. (2021), Can psychological characteristics, football experience, and player status predict state anxiety before important matches in Danish elite-level female football players? *Scand J Med Sci Sports*. <https://doi.org/10.1111/sms.13881>
- 61) Kritikos S, Papanikolaou K, Draganidis D, Poullos A, Georgakouli K, Tsimeas P, Tzatzakis T, Batsilas D, Batrakoulis A, Deli CK, Chatzinikolaou A, Mohr M, Jamurtas AZ, Fatouros IG (2021). Effect of whey vs. soy protein supplementation on recovery kinetics following speed endurance training in competitive male soccer players: a randomized controlled trial. *J Int Soc Sports Nutr.* 18(1):23. doi: 10.1186/s12970-021-00420-w.
- 62) Papanikolaou K, Tsimeas P, Anagnostou A, Varypatis A, Mourikis C, Tzatzakis T, Draganidis D, Batsilas D, Mersinias T, Loules G, Poullos A, Deli CK, Batrakoulis A, Chatzinikolaou A, Mohr M, Jamurtas AZ, Fatouros IG (2021). Recovery Kinetics Following Small-Sided Games in Competitive Soccer Players: Does Player Density Size Matter? *Int J Sports Physiol Perform.* 2021 Sep 1;16(9):1270-1280. doi: 10.1123/ijsspp.2020-0380.
- 63) Mohr M, Nølsøe EL, Krstrup P, Fatouros IG, Jamurtas AZ (2021). Improving hydration in elite male footballers during a national team training camp - an observational case study. *Phys Act Nutr.* 25(4):10-16. doi: 10.20463/pan.2021.0021.
- 64) Randers MB, Knudsen NS, Thomasen MMD, Panduro J, Larsen MN, Mohr M, Milanovic Z, Krstrup P, Andersen TB (2021). Danger zone assessment in small-sided recreational

- football: providing data for consideration in relation to COVID-19 transmission. *BMJ Open Sport Exerc Med.* 7(1):e000911. doi: 10.1136/bmjsem-2020-000911.
- 65) Nybo L, Flouris AD, Racinais S, Mohr M (2021). Football facing a future with global warming: perspectives for players health and performance. *Br J Sports Med.* 55(6):297-298. doi: 10.1136/bjsports-2020-102193.
 - 66) Vigh-Larsen JF, Haverinen MT, Knudsen CB, Daasbjerg A, Beck JH, Overgaard K, Mohr M, Andersen TB (2021). The relationship between age and fitness profiles in elite male ice hockey players. *J Sports Med Phys Fitness* 61(4):512-518. doi: 10.23736/S0022-4707.20.11313-6.
 - 67) Yousefian F, Hüttemann H, Borjesson M, Ekblom P, Mohr M, Fransson D (2021). Physical workload and fatigue pattern characterization in a top-class women's football national team: a case study of the 2019 FIFA Women's World Cup. *J Sports Med Phys Fitness.* 61(8):1081-1090. doi: 10.23736/S0022-4707.21.12811-7.
 - 68) Hagman M, Helge EW, Fristrup B, Jørgensen NR, Helge JW, Krstrup P (2021). High bone mineral density in lifelong trained female team handball players and young elite football players. *Eur J Appl Physiol.* 2021 Oct;121(10):2825-2836. doi: 10.1007/s00421-021-04755-9. <https://link.springer.com/article/10.1007%2Fs00421-021-04755-9>
 - 69) Sørensen, B., Aagaard, P., Malchow-Møller, L., Zebis, MK. & Bencke, J. (2021). Medio-lateral hamstring muscle activity in unilateral vs. bilateral strength exercises in female Team Handball players - A cross-sectional study. *Int. J. Sports Phys. Ther.* 16, 704-714.
 - 70) Ishøi L, Krommes, K, Nielsen MF, Thornton KB, Hölmich P, Aagaard P, Penalver JJ & Thorborg K (2021). Hamstring and quadriceps muscle strength in youth to senior elite soccer: A cross-sectional study in 125 players. *Int. J. Sports Physiol. Perform.* 16, 1538-1544.
 - 71) Hagman M, Fristrup B, Michelin R, Krstrup P, Asghar M (2021). Football and team handball training postpone cellular aging in women. *Sci Rep.* 11(1):11733. doi: 10.1038/s41598-021-91255-7.
 - 72) Madsen, EE, Krstrup P, Larsen CH, Elbe A-M, Wikman JM, Ivarsson A and Lautenbach F (2021). Resilience as a protective factor for well-being and emotional stability in elite-level football players during the first wave of the COVID-19 pandemic. *Science and Medicine Football.* 62-69. <https://www.tandfonline.com/doi/pdf/10.1080/24733938.2021.1959047>

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- 73) Nassis GP, Massey A, Jacobsen P, Brito J, Randers MB, Castagna C, Mohr M, Krstrup P (2020). Elite football of 2030 will not be the same as that of 2020: Preparing players, coaches, and support staff for the evolution. *Scand J Med Sci Sports.* 30(6):962-964. doi: 10.1111/sms.13681.
- 74) Vigh-Larsen JF, Haverinen MT, Panduro J, Ermidis G, Andersen TB, Overgaard K, Krstrup P, Parkkari J, Avela J, Kyröläinen H, Mohr M (2020). On-Ice and Off-Ice Fitness Profiles of Elite and U20 Male Ice Hockey Players of Two Different National Standards. *J Strength Cond Res.* 34(12):3369-3376. doi: 10.1519/JSC.0000000000003836.
- 75) Rago V, Brito J, Figueiredo P, Costa J, Barreira D, Krstrup P, Rebelo A (2020). Methods to collect and interpret external training load using microtechnology incorporating GPS in professional football: a systematic review. *Res Sports Med.* 28(3):437-458. doi: 10.1080/15438627.2019.1686703.
- 76) Tzatzakis T, Papanikolaou K, Draganidis D, Tsimeas P, Kritikos S, Poullos A, Laschou VC, Deli CK, Chatzinikolaou A, Batrakoulis A, Basdekis G, Mohr M, Krstrup P, Jamurtas AZ, Fatouros IG (2020). Recovery Kinetics After Speed-Endurance Training in Male Soccer Players. *Int J Sports Physiol Perform.* 15(3):395-408. doi: 10.1123/ijsp.2018-0984.
- 77) Rago V, Brito J, Figueiredo P, Costa J, Krstrup P, Rebelo A (2020). Internal training load monitoring in professional football: a systematic review of methods using rating of perceived

- exertion. *J Sports Med Phys Fitness*. 60(1):160-171. doi: 10.23736/S0022-4707.19.10000-X.
- 78) Vigh-Larsen JF, Ermidis G, Rago V, Randers MB, Fransson D, Nielsen JL, Gliemann L, Pii JF, Morris NB, DE Paoli FV, Overgaard K, Andersen TB, Nybo L, Krstrup P, Mohr M (2020). Muscle Metabolism and Fatigue during Simulated Ice Hockey Match-Play in Elite Players. *Med Sci Sports Exerc*. 52(10):2162-2171. doi: 10.1249/MSS.0000000000002370.
 - 79) Rago V, Brito J, Figueiredo P, Krstrup P, Rebelo A (2020). Application of Individualized Speed Zones to Quantify External Training Load in Professional Soccer. *J Hum Kinet*. 72:279-289. doi: 10.2478/hukin-2019-0113.
 - 80) Oliva-Lozano JM, Fortes V, Krstrup P, Muyor JM (2020). Acceleration and sprint profiles of professional male football players in relation to playing position. *PLoS One*. 15(8):e0236959. doi: 10.1371/journal.pone.0236959.
 - 81) Rago V, Krstrup P, Martín-Acero R, Rebelo A, Mohr M (2020). Training load and submaximal heart rate testing throughout a competitive period in a top-level male football team. *J Sports Sci*. 38(11-12):1408-1415. doi: 10.1080/02640414.2019.1618534.

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