C. D. Publications

Fitness Literature

A Focus on Weight, Fat, Power, Speed, and Performance

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1. **PubMed Fitness Articles**
    1.1. **Running Performance**
        1.1.1. Concurrent speed endurance and resistance training improves performance, running economy, and muscle NHE1 in moderately trained runners
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        1.1.2. A fast-start pacing strategy speeds pulmonary oxygen uptake kinetics and improves supramaximal running performance
            1.1.2.1. https://www.ncbi.nlm.nih.gov/pubmed/25360744
            1.1.2.2. http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0111621
            1.1.2.3. https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/25360744/
        1.1.3. Effects of Heavy Strength Training on Running Performance and Determinants of Running Performance in Female Endurance Athletes
            1.1.3.1. https://www.ncbi.nlm.nih.gov/pubmed/26953893
            1.1.3.2. http://dx.plos.org/10.1371/journal.pone.0150799
            1.1.3.3. https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/26953893/
        1.1.4. BMI, a performance parameter for speed improvement
            1.1.4.1. https://www.ncbi.nlm.nih.gov/pubmed/24587266
            1.1.4.2. http://dx.plos.org/10.1371/journal.pone.0090183
            1.1.4.3. https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/24587266/
        1.1.5. Significant effect of a pre-exercise high-fat meal after a 3-day high-carbohydrate diet on endurance performance
            1.1.5.1. https://www.ncbi.nlm.nih.gov/pubmed/22852054
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            1.1.5.3. https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/22852054/
        1.1.6. The Effect of Two Speed Endurance Training Regimes on Performance of Soccer Players
            1.1.6.1. https://www.ncbi.nlm.nih.gov/pubmed/26394225
            1.1.6.2. http://dx.plos.org/10.1371/journal.pone.0138096
            1.1.6.3. https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/26394225/
        1.1.7. Relationship between distance running mechanics, running economy, and performance
            1.1.7.1. https://www.ncbi.nlm.nih.gov/pubmed/3654469
            1.1.7.2. http://www.physiology.org/doi/abs/10.1152/jappl.1987.63.3.1236?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dpubmed
        1.1.8. The challenge of assessing athlete performance after altitude training
            1.1.8.1. https://www.ncbi.nlm.nih.gov/pubmed/24436300
            1.1.8.2. http://www.physiology.org/doi/abs/10.1152/japplphysiol.00029.2014?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dpubmed
        1.1.9. Environment and scheduling effects on sprint and middle distance running performances
            1.1.9.1. https://www.ncbi.nlm.nih.gov/pubmed/24363791
            1.1.9.2. http://dx.plos.org/10.1371/journal.pone.0079548
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        1.1.10. The 10-20-30 training concept improves performance and health profile in moderately trained runners
            1.1.10.1. https://www.ncbi.nlm.nih.gov/pubmed/22556401
            1.1.10.2. http://www.physiology.org/doi/abs/10.1152/japplphysiol.00334.2012?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dpubmed
        1.1.11. Prediction and Quantification of Individual Athletic Performance of Runners
            1.1.11.1. https://www.ncbi.nlm.nih.gov/pubmed/27336162
            1.1.11.2. http://dx.plos.org/10.1371/journal.pone.0157257
            1.1.11.3. https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/27336162/
        1.1.12. Metabolic factors limiting performance in marathon runners
            1.1.12.1. https://www.ncbi.nlm.nih.gov/pubmed/20975938
            1.1.12.2. http://dx.plos.org/10.1371/journal.pcbi.1000960
            1.1.12.3. https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/20975938/
        1.1.13. Determinants of five kilometre running performance in active men and women
            1.1.13.1. https://www.ncbi.nlm.nih.gov/pubmed/3620806
            1.1.13.2. http://bjsm.bmj.com/cgi/pmidlookup?view=long&pmid=3620806
            1.1.13.3. https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/3620806/
        1.1.14. Running Technique is an Important Component of Running Economy and Performance
            1.1.14.1. https://www.ncbi.nlm.nih.gov/pubmed/28263283
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        1.1.15. Effect of carbohydrate feeding on the bone metabolic response to running
            1.1.15.1. https://www.ncbi.nlm.nih.gov/pubmed/26251510
            1.1.15.2. http://www.physiology.org/doi/abs/10.1152/japplphysiol.00241.2015?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dpubmed
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        1.1.16. Running performance has a structural basis
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            1.1.16.2. http://jeb.biologists.org/cgi/pmidlookup?view=long&pmid=16000532
        1.1.17. Running with regulation
            1.1.17.1. https://www.ncbi.nlm.nih.gov/pubmed/21071585
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        1.1.18. The effects of maximum steady state pace training on running performance
            1.1.18.1. https://www.ncbi.nlm.nih.gov/pubmed/3580721
            1.1.18.2. http://bjsm.bmj.com/cgi/pmidlookup?view=long&pmid=3580721
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            1.1.19.1. https://www.ncbi.nlm.nih.gov/pubmed/14555668
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        1.1.21. Effects of alterations in dietary carbohydrate intake on running performance during a 10 km treadmill time trial
            1.1.21.1. https://www.ncbi.nlm.nih.gov/pubmed/8889116
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1.1.25. Improving Sprint Performance in Soccer: Effectiveness of Jump Squat and Olympic Push Press Exercises
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1.1.26. Strong correlation of maximal squat strength with sprint performance and vertical jump height in elite soccer players
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