

The world class athlete

MED5363, MED5350

View Online



[1]

N. Yang et al., 'ACTN3 Genotype Is Associated with Human Elite Athletic Performance', *The American Journal of Human Genetics*, vol. 73, no. 3, pp. 627–631, Sep. 2003, doi: 10.1086/377590.

[2]

C. Bouchard et al., 'Familial aggregation of $\dot{V}O_2$ max response to exercise training: results from the HERITAGE Family Study', vol. 87, pp. 1003–1008 [Online]. Available: <http://ezproxy.lib.gla.ac.uk/login?url=http://jap.physiology.org/content/87/3/1003.long>

[3]

R. Tucker and M. Collins, 'What makes champions? A review of the relative contribution of genes and training to sporting success', *British Journal of Sports Medicine*, vol. 46, no. 8, pp. 555–561, Jun. 2012, doi: 10.1136/bjsports-2011-090548.

[4]

N. Webborn et al., 'Direct-to-consumer genetic testing for predicting sports performance and talent identification: Consensus statement', *British Journal of Sports Medicine*, vol. 49, no. 23, pp. 1486–1491, Dec. 2015, doi: 10.1136/bjsports-2015-095343.

[5]

T. van der Gonde, O. de Hon, H. J. Haisma, and T. Pieters, 'Gene doping: an overview and current implications for athletes', *British Journal of Sports Medicine*, vol. 47, no. 11, pp. 670–678, Jul. 2013, doi: 10.1136/bjsports-2012-091288.

[6]

T. Rankinen et al., 'The Human Obesity Gene Map: The 2005 Update', *Obesity*, vol. 14, no. 4, pp. 529–644, Apr. 2006, doi: 10.1038/oby.2006.71.

[7]

L. PÉRUSSE et al., 'Advances in Exercise, Fitness, and Performance Genomics in 2012', *Medicine & Science in Sports & Exercise*, vol. 45, no. 5, pp. 824–831, May 2013, doi: 10.1249/MSS.0b013e31828b28a3.

[8]

C. Bouchard and E. P. Hoffman, *Genetic and molecular aspects of sport performance*, vol. v. 18. Chichester: Wiley-Blackwell [Online]. Available: <https://ezproxy.lib.gla.ac.uk/login?url=https://onlinelibrary.wiley.com/doi/book/10.1002/9781444327335>

[9]

J. A. Timmons et al., 'Using molecular classification to predict gains in maximal aerobic capacity following endurance exercise training in humans', *Journal of Applied Physiology*, vol. 108, no. 6, pp. 1487–1496, Jun. 2010, doi: 10.1152/jappphysiol.01295.2009.

[10]

A. L. Baggish et al., 'Dynamic regulation of circulating microRNA during acute exhaustive exercise and sustained aerobic exercise training', *The Journal of Physiology*, vol. 589, no. 16, pp. 3983–3994, Aug. 2011, doi: 10.1113/jphysiol.2011.213363.

[11]

H. Thompson, 'Performance enhancement: Superhuman athletes', *Nature*, vol. 487, no. 7407, pp. 287–289, Jul. 2012, doi: 10.1038/487287a.

[12]

L. Battery, A. Solomon, and D. Gould, 'Gene doping: Olympic genes for Olympic dreams', *Journal of the Royal Society of Medicine*, vol. 104, no. 12, pp. 494–500, Dec. 2011, doi: 10.1258/jrsm.2011.110240.

[13]

A. Barnett, 'Using Recovery Modalities between Training Sessions in Elite Athletes', *Sports Medicine*, vol. 36, no. 9, pp. 781–796, 2006, doi: 10.2165/00007256-200636090-00005.

[14]

C. Samuels, 'Sleep, Recovery, and Performance: The New Frontier in High-Performance Athletics', *Neurologic Clinics*, vol. 26, no. 1, pp. 169–180, Feb. 2008, doi: 10.1016/j.ncl.2007.11.012.

[15]

I. Mujika, S. Padilla, D. Pyne, and T. Busso, 'Physiological Changes Associated with the Pre-Event Taper in Athletes', *Sports Medicine*, vol. 34, no. 13, pp. 891–927, 2004, doi: 10.2165/00007256-200434130-00003.

[16]

I. MUJIKA and S. PADILLA, 'Scientific Bases for Precompetition Tapering Strategies', *Medicine & Science in Sports & Exercise*, vol. 35, no. 7, pp. 1182–1187, Jul. 2003, doi: 10.1249/01.MSS.0000074448.73931.11.

[17]

J. D. Bartlett, F. O'Connor, N. Pitchford, L. Torres-Ronda, and S. J. Robertson, 'Relationships Between Internal and External Training Load in Team-Sport Athletes: Evidence for an Individualized Approach', *International Journal of Sports Physiology and Performance*, vol. 12, no. 2, pp. 230–234, Feb. 2017, doi: 10.1123/ijsp.2015-0791.

[18]

S. Malone, A. Owen, M. Newton, B. Mendes, K. D. Collins, and T. J. Gabbett, 'The acute:chronic workload ratio in relation to injury risk in professional soccer', *Journal of Science and Medicine in Sport*, Nov. 2016, doi: 10.1016/j.jsams.2016.10.014.

[19]

J. Hoff, 'Training and testing physical capacities for elite soccer players', *Journal of Sports Sciences*, vol. 23, no. 6, pp. 573–582, Jun. 2005, doi: 10.1080/02640410400021252.

[20]

J. Windt, T. J. Gabbett, D. Ferris, and K. M. Khan, 'Training load--injury paradox: is greater preseason participation associated with lower in-season injury risk in elite rugby league players?', *British Journal of Sports Medicine*, Apr. 2016, doi: 10.1136/bjsports-2016-095973.

[21]

R. J. Maughan, Ed., *Nutrition in Sport*. Oxford, UK: Blackwell Science Ltd, 2000.

[22]

J. A. Casajus, 'Seasonal variation in fitness variables in professional soccer player', *THE JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS*, vol. 41, no. 4, pp. 463–469, 2001 [Online]. Available: <https://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y2001N04A0463>

[23]

M. B. Cooke, E. Rybalka, A. D. Williams, P. J. Cribb, and A. Hayes, 'Creatine supplementation enhances muscle force recovery after eccentrically-induced muscle damage in healthy individuals', *Journal of the International Society of Sports Nutrition*, vol. 6, no. 1, 2009, doi: 10.1186/1550-2783-6-13.

[24]

J. Edge, D. Bishop, and C. Goodman, 'The effects of training intensity on muscle buffer capacity in females', *European Journal of Applied Physiology*, vol. 96, no. 1, pp. 97–105, Jan. 2006, doi: 10.1007/s00421-005-0068-6.

[25]

D. Erlacher, F. Ehrlenspiel, O. A. Adegbesan, and H. Galal El-Din, 'Sleep habits in German athletes before important competitions or games', *Journal of Sports Sciences*, vol. 29, no. 8, pp. 859–866, May 2011, doi: 10.1080/02640414.2011.565782.

[26]

C. FOSTER et al., 'A New Approach to Monitoring Exercise Training', *Journal of Strength and Conditioning Research*, vol. 15, no. 1, pp. 109–115, Feb. 2001, doi: 10.1519/00124278-200102000-00019.

[27]

T. J. Gabbett and S. Ullah, 'Relationship Between Running Loads and Soft-Tissue Injury in Elite Team Sport Athletes', *Journal of Strength and Conditioning Research*, vol. 26, no. 4, pp. 953–960, Apr. 2012, doi: 10.1519/JSC.0b013e3182302023. [Online]. Available: http://journals.lww.com/nsca-jscr/Abstract/2012/04000/Relationship_Between_Running_Loads_and_Soft_Tissue.10.aspx

[28]

T. J. Gabbett and D. G. Jenkins, 'Relationship between training load and injury in professional rugby league players', *Journal of Science and Medicine in Sport*, vol. 14, no. 3, pp. 204–209, May 2011, doi: 10.1016/j.jsams.2010.12.002.

[29]

J. Hoff and J. Helgerud, 'Endurance and Strength Training for Soccer Players', *Sports Medicine*, vol. 34, no. 3, pp. 165–180, 2004, doi: 10.2165/00007256-200434030-00003.

[30]

L. E. Juliff, S. L. Halson, and J. J. Peiffer, 'Understanding sleep disturbance in athletes prior to important competitions', *Journal of Science and Medicine in Sport*, vol. 18, no. 1, pp. 13–18, Jan. 2015, doi: 10.1016/j.jsams.2014.02.007.

[31]

J. Leeder, M. Glaister, K. Pizzoferro, J. Dawson, and C. Pedlar, 'Sleep duration and quality in elite athletes measured using wristwatch actigraphy', *Journal of Sports Sciences*, vol. 30, no. 6, pp. 541–545, Mar. 2012, doi: 10.1080/02640414.2012.660188.

[32]

T. Maeda and A. Yasukouchi, 'Blood Lactate Disappearance during Breathing Hyperoxic Gas after Exercise in Two Different Physical Fitness Groups. On The Work Load Fixed at 70%VO₂max.', APPLIED HUMAN SCIENCE Journal of Physiological Anthropology, vol. 16, no. 6, pp. 249–255, 1997, doi: 10.2114/jpa.16.249.

[33]

'The Effects of Sleep Extension on the Athletic Performance of Collegiate Basketball Players', Sleep, Jul. 2011, doi: 10.5665/SLEEP.1132.

[34]

K. McMillan, 'Lactate threshold responses to a season of professional British youth soccer', British Journal of Sports Medicine, vol. 39, no. 7, pp. 432–436, Jul. 2005, doi: 10.1136/bjism.2004.012260.

[35]

M. D. Milewski et al., 'Chronic Lack of Sleep is Associated With Increased Sports Injuries in Adolescent Athletes', Journal of Pediatric Orthopaedics, vol. 34, no. 2, pp. 129–133, Mar. 2014 [Online]. Available: http://journals.lww.com/pedorthopaedics/Abstract/2014/03000/Chronic_Lack_of_Sleep_is_Associated_With_Increased.1.aspx

[36]

K. Murray, A. Sommerville, M. McKenna, G. Edgar, and A. Murray, 'Normobaric hyperoxia training in elite female hockey players', Journal of sports medicine and physical fitness, vol. 56, no. 12, pp. 1488–1493.

[37]

A. Natal Rebelo and J. M. Soares, 'The impact of soccer training on the immune system', vol. 35, no. 3, pp. 258–271, 1995 [Online]. Available: <https://www.minervamedica.it/en/journals/sports-med-physical-fitness/archive.php?cod=R40>

[38]

P. Peeling and R. Andersson, 'Effect of hyperoxia during the rest periods of interval training on perceptual recovery and oxygen re-saturation time', *Journal of Sports Sciences*, vol. 29, no. 2, pp. 147–150, Jan. 2011, doi: 10.1080/02640414.2010.526133.

[39]

E. Robey, B. Dawson, S. Halson, W. Gregson, C. Goodman, and P. Eastwood, 'Sleep quantity and quality in youth soccer players: A pilot study', *European Journal of Sport Science*, vol. 14, no. 5, pp. 410–417, Jul. 2014, doi: 10.1080/17461391.2013.843024.

[40]

B. Rogalski, B. Dawson, J. Heasman, and T. J. Gabbett, 'Training and game loads and injury risk in elite Australian footballers', *Journal of Science and Medicine in Sport*, vol. 16, no. 6, pp. 499–503, Nov. 2013, doi: 10.1016/j.jsams.2012.12.004.

[41]

N. Gibson and A. D. Sommerville, 'Gender differences in sleep quality and quantity in national level swimmers'. [Online]. Available: <http://www.tandfonline.com/doi/full/10.1080/02640414.2014.968382?mobileUi=0>

[42]

B. Sperlich, C. Zinner, M. Krueger, J. Wegrzyk, S. Achtzehn, and H.-C. Holmberg, 'Effects of hyperoxia during recovery from 5×30-s bouts of maximal-intensity exercise', *Journal of Sports Sciences*, vol. 30, no. 9, pp. 851–858, May 2012, doi: 10.1080/02640414.2012.671531.

[43]

M. VAN ESSEN and M. J. GIBALA, 'Failure of Protein to Improve Time Trial Performance when Added to a Sports Drink', *Medicine & Science in Sports & Exercise*, vol. 38, no. 8, pp. 1476–1483, Aug. 2006, doi: 10.1249/01.mss.0000228958.82968.0a.

[44]

L. M. Burke, J. A. Hawley, S. H. S. Wong, and A. E. Jeukendrup, 'Carbohydrates for training and competition', *Journal of Sports Sciences*, vol. 29, no. sup1, pp. S17–S27, Jan. 2011, doi: 10.1080/02640414.2011.585473.

[45]

L. Mondazzi and E. Arcelli, 'Glycemic Index in Sport Nutrition', *Journal of the American College of Nutrition*, vol. 28, no. sup4, pp. 455S-463S, Aug. 2009, doi: 10.1080/07315724.2009.10718112.

[46]

M. J. SAUNDERS, M. D. KANE, and M. K. TODD, 'Effects of a Carbohydrate-Protein Beverage on Cycling Endurance and Muscle Damage', *Medicine & Science in Sports & Exercise*, vol. 36, no. 7, pp. 1233-1238, Jul. 2004, doi: 10.1249/01.MSS.0000132377.66177.9F.

[47]

D. R. Moore et al., 'Ingested protein dose response of muscle and albumin protein synthesis after resistance exercise in young men', *American Journal of Clinical Nutrition*, vol. 89, no. 1, pp. 161-168, Dec. 2008, doi: 10.3945/ajcn.2008.26401.

[48]

D. J. Pedersen et al., 'High rates of muscle glycogen resynthesis after exhaustive exercise when carbohydrate is coingested with caffeine', *Journal of Applied Physiology*, vol. 105, no. 1, pp. 7-13, May 2008, doi: 10.1152/jappphysiol.01121.2007.

[49]

T. M. Robinson, D. A. Sewell, E. Hultman, and P. L. Greenhaff, 'Role of submaximal exercise in promoting creatine and glycogen accumulation in human skeletal muscle', vol. 87, no. 2, pp. 598-604, 1AD [Online]. Available: <http://jap.physiology.org/content/87/2/598.long>

[50]

H. M. DeMARCO, K. P. SUCHER, C. J. CISAR, and G. E. BUTTERFIELD, 'Pre-exercise carbohydrate meals: application of glycemic index', *Medicine & Science in Sports & Exercise*, vol. 31, no. 1, pp. 164-170, Jan. 1999, doi: 10.1097/00005768-199901000-00025.

[51]

A. E. Jeukendrup and S. C. Killer, 'The Myths Surrounding Pre-Exercise Carbohydrate Feeding', *Annals of Nutrition and Metabolism*, vol. 57, no. s2, pp. 18–25, 2010, doi: 10.1159/000322698.

[52]

O. K. Tsintzas, C. Williams, L. Boobis, and P. Greenhaff, 'Carbohydrate ingestion and glycogen utilization in different muscle fibre types in man.', *The Journal of Physiology*, vol. 489, no. 1, pp. 243–250, Nov. 1995, doi: 10.1113/jphysiol.1995.sp021046.

[53]

E. F. Coyle, A. R. Coggan, M. K. Hemmert, and J. L. Ivy, 'Muscle glycogen utilization during prolonged strenuous exercise when fed carbohydrate', vol. 61, no. 1, pp. 165–172 [Online]. Available: <http://jap.physiology.org/content/61/1/165.full.pdf+html>

[54]

J. M. CARTER, A. E. JEUKENDRUP, and D. A. JONES, 'The Effect of Carbohydrate Mouth Rinse on 1-h Cycle Time Trial Performance', *Medicine & Science in Sports & Exercise*, pp. 2107–2111, Dec. 2004, doi: 10.1249/01.MSS.0000147585.65709.6F.

[55]

A. E. Jeukendrup, I. Rollo, and J. M. Carter, 'Carbohydrate mouth rinse: performance effects and mechanisms.', vol. 26, no. 1, pp. 1–8 [Online]. Available: <http://www.gssiweb.org/en/sports-science-exchange/article/sse-118-carbohydrate-mouth-rinse-performance-effects-and-mechanisms>

[56]

A. E. Jeukendrup and R. Jentjens, 'Oxidation of Carbohydrate Feedings During Prolonged Exercise', *Sports Medicine*, vol. 29, no. 6, pp. 407–424, 2000, doi: 10.2165/00007256-200029060-00004.

[57]

J. A. Hawley, A. N. Bosch, S. M. Weltan, S. C. Dennis, and T. D. Noakes, 'Glucose kinetics during prolonged exercise in euglycaemic and hyperglycaemic subjects', *Pflügers Archiv European Journal of Physiology*, vol. 426, no. 5, pp. 378–386, Mar. 1994, doi:

10.1007/BF00388300.

[58]

A. E. Jeukendrup, 'Multiple transportable carbohydrates and their benefits', vol. 26, no. 108, pp. 1-5, 2013 [Online]. Available: https://sites.uni.edu/dolgener/Advanced_Sport_Nutrition/Electronic%20Articles/Fall%202014/Sport%20Nutrition%20Fall%202014/Multiple%20Transportable%20CHO.pdf

[59]

K. CURRELL and A. E. JEUKENDRUP, 'Superior Endurance Performance with Ingestion of Multiple Transportable Carbohydrates', *Medicine & Science in Sports & Exercise*, vol. 40, no. 2, pp. 275-281, Feb. 2008, doi: 10.1249/mss.0b013e31815adf19.

[60]

A. E. Jeukendrup, 'Nutrition for endurance sports: Marathon, triathlon, and road cycling', *Journal of Sports Sciences*, vol. 29, no. sup1, pp. S91-S99, Jan. 2011, doi: 10.1080/02640414.2011.610348.

[61]

D. S. Rowlands and W. G. Hopkins, 'Effects of high-fat and high-carbohydrate diets on metabolism and performance in cycling', *Metabolism*, vol. 51, no. 6, pp. 678-690, Jun. 2002, doi: 10.1053/meta.2002.32723.

[62]

A. D. Faigenbaum et al., 'Youth Resistance Training: Updated Position Statement Paper From the National Strength and Conditioning Association', *Journal of Strength and Conditioning Research*, vol. 23, pp. S60-S79, Aug. 2009, doi: 10.1519/JSC.0b013e31819df407.

[63]

T. R. Baechle and National Strength & Conditioning Association (U.S), *Essentials of strength training and conditioning*. Champaign, Ill: Human Kinetics, 1994.

[64]

V. G. Kelly and A. J. Coutts, 'Planning and Monitoring Training Loads During the Competition Phase in Team Sports', *Strength and Conditioning Journal*, vol. 29, no. 4, 2007, doi: 10.1519/1533-4295(2007)29[32:PAMTLD]2.0.CO;2.

[65]

P. Gamble, 'Periodization of Training for Team Sports Athletes', *Strength and Conditioning Journal*, vol. 28, no. 5, 2006, doi: 10.1519/1533-4295(2006)28[56:POTFTS]2.0.CO;2.

[66]

R. J. Maughan, F. Depiesse, and H. Geyer, 'The use of dietary supplements by athletes', *Journal of Sports Sciences*, vol. 25, no. sup1, pp. S103–S113, Dec. 2007, doi: 10.1080/02640410701607395.

[67]

J. Connor, J. Woolf, and J. Mazanov, 'Would they dope? Revisiting the Goldman dilemma', *British Journal of Sports Medicine*, vol. 47, no. 11, pp. 697–700, Jul. 2013, doi: 10.1136/bjsports-2012-091826.

[68]

J. S. Volek and E. S. Rawson, 'Scientific basis and practical aspects of creatine supplementation for athletes', *Nutrition*, vol. 20, no. 7–8, pp. 609–614, Jul. 2004, doi: 10.1016/j.nut.2004.04.014.

[69]

J. S. VOLEK et al., 'Performance and muscle fiber adaptations to creatine supplementation and heavy resistance training', *Medicine & Science in Sports & Exercise*, vol. 31, no. 8, pp. 1147–1156, Aug. 1999, doi: 10.1097/00005768-199908000-00011.

[70]

M. IZQUIERDO, J. IBAÑEZ, J. J. GONZÁLEZ-BADILLO, and E. M. GOROSTIAGA, 'Effects of creatine supplementation on muscle power, endurance, and sprint performance', *Medicine and Science in Sports and Exercise*, vol. 34, no. 2, pp. 332–343, Feb. 2002, doi:

10.1097/00005768-200202000-00023.

[71]

T. E. Graham, J. W. E. Rush, and M. H. van Soeren, 'Caffeine and Exercise: Metabolism and Performance', *Canadian Journal of Applied Physiology*, vol. 19, no. 2, pp. 111–138, Jun. 1994, doi: 10.1139/h94-010.

[72]

M. A. Tarnopolsky, 'Caffeine and Creatine Use in Sport', *Annals of Nutrition and Metabolism*, vol. 57, no. s2, pp. 1–8, 2010, doi: 10.1159/000322696.

[73]

M. Bruce, N. Scott, M. Lader, and V. Marks, 'The psychopharmacological and electrophysiological effects of single doses of caffeine in healthy human subjects.', *British Journal of Clinical Pharmacology*, vol. 22, no. 1, pp. 81–87, Jul. 1986, doi: 10.1111/j.1365-2125.1986.tb02883.x.

[74]

A. J. Carr, W. G. Hopkins, and C. J. Gore, 'Effects of Acute Alkalosis and Acidosis on Performance', *Sports Medicine*, vol. 41, no. 10, pp. 801–814, Oct. 2011, doi: 10.2165/11591440-000000000-00000.

[75]

A. M. Jones, 'DIETARY NITRATE: THE NEW MAGIC BULLET?', vol. 26, no. 110, pp. 1–5, 2013 [Online]. Available: https://secure.footprint.net/gatorade/stg/gssiweb/pdf/110_Jones_SSE.pdf

[76]

S. J. Bailey et al., 'Dietary nitrate supplementation reduces the O₂ cost of low-intensity exercise and enhances tolerance to high-intensity exercise in humans', *Journal of Applied Physiology*, vol. 107, no. 4, pp. 1144–1155, Oct. 2009, doi: 10.1152/jappphysiol.00722.2009.

[77]

V. R. CLARK, W. G. HOPKINS, J. A. HAWLEY, and L. M. BURKE, 'Placebo effect of carbohydrate feedings during a 40-km cycling time trial', *Medicine & Science in Sports & Exercise*, pp. 1642–1647, Sep. 2000, doi: 10.1097/00005768-200009000-00019.

[78]

A. Jeukendrup, 'A Step Towards Personalized Sports Nutrition: Carbohydrate Intake During Exercise', *Sports Medicine*, vol. 44, no. S1, pp. 25–33, May 2014, doi: 10.1007/s40279-014-0148-z.

[79]

L. M. Burke, B. Kiens, and J. L. Ivy, 'Carbohydrates and fat for training and recovery', *Journal of Sports Sciences*, vol. 22, no. 1, pp. 15–30, Jan. 2004, doi: 10.1080/0264041031000140527.

[80]

S. M. Phillips and L. J. C. Van Loon, 'Dietary protein for athletes: From requirements to optimum adaptation', *Journal of Sports Sciences*, vol. 29, no. sup1, pp. S29–S38, Jan. 2011, doi: 10.1080/02640414.2011.619204.

[81]

E. R. Goldstein et al., 'International society of sports nutrition position stand: caffeine and performance', *Journal of the International Society of Sports Nutrition*, vol. 7, no. 1, 2010, doi: 10.1186/1550-2783-7-5.

[82]

A. Bean, *The complete guide to sports nutrition*, 4th ed. London: A & C. Black, 2003.

[83]

L. Burke, *Practical sports nutrition*. Champaign, IL: Human Kinetics, 2007.

[84]

A. E. Jeukendrup, *Sports nutrition: from lab to kitchen*. Maidenhead: Meyer & Meyer Sport, 2010.

[85]

R. J. Maughan, Ed., *Nutrition in Sport*. Oxford, UK: Blackwell Science Ltd, 2000 [Online]. Available: <http://content.talisaspire.com/glasgow/bundles/58db7718e7ebb6854b8b4568>

[86]

L. Crust, 'A review and conceptual re-examination of mental toughness: Implications for future researchers', *Personality and Individual Differences*, vol. 45, no. 7, pp. 576–583, Nov. 2008, doi: 10.1016/j.paid.2008.07.005.

[87]

Á. MacNamara, A. Button, and D. Collins, 'The Role of Psychological Characteristics in Facilitating the Pathway to Elite Performance Part 1: Identifying Mental Skills and Behaviors', *The Sport Psychologist*, vol. 24, no. 1, pp. 52–73, Mar. 2010, doi: 10.1123/tsp.24.1.52.

[88]

'Prevention, Diagnosis, and Treatment of the Overtraining Syndrome', *Medicine & Science in Sports & Exercise*, vol. 45, no. 1, pp. 186–205, Jan. 2013, doi: 10.1249/MSS.0b013e318279a10a.

[89]

S. D. Mellalieu, S. Hanton, and D. A. Shearer, 'Hearts in the fire, heads in the fridge: A qualitative investigation into the temporal patterning of the precompetitive psychological response in elite performers', *Journal of Sports Sciences*, vol. 26, no. 8, pp. 811–824, Jun. 2008, doi: 10.1080/02640410701790787.