

Scientific Publications – Sports

S1 Respiratory endurance training in sports

S1.9	P. Holm, A. Sattler and R.F. Fregosi Endurance training of respiratory muscles improves cycling performance in fit young cyclists <i>BMC Physiology, 4:9, 2004</i>
S1.8	C Stuessi, CM Spengler, C Knöpfli, G Markov, U Boutellier Respiratory muscle endurance training in humans increases cycling endurance without affecting blood gas concentrations <i>Eur J Appl Physiol, 84: 582-586, 2001</i>
S1.7	G Markov, CM Spengler, C Knöpfli, C Stuessi, U Boutellier Respiratory muscle training increases cycling endurance without affecting cardiovascular responses to exercise <i>Eur J Appl Physiol, 85: 233-239, 2001</i>
S1.6	CM Spengler, U Boutellier Breathless Legs? Consider Training your Respiration <i>News Physio Sci, 15: 101-105, 2000</i>
S1.5	CM Spengler, M Roos, SM Laube, U Boutellier Decreased exercise blood lactate concentrations after respiratory endurance training in humans <i>Eur J Appl. Physiol, 79: 299-305, 1999</i>
S1.4	U Boutellier Respiratory muscle fitness and exercise endurance in healthy humans <i>Med Sci Sports Exerc, 30: 1169-1172, 1998</i>
S1.3	U Boutellier Article in German Auch die Atmung limitiert die körperliche Leistung bei gesunden Personen <i>Naturforschende Gesellschaft in Zürich 142/4 153-159, 1997</i>
S1.2	U Boutellier Article in German Die Atmung als leistungslimitierender Faktor bei Normalpersonen und Sportlern <i>Deutsche Zeitschrift f Sportmedizin, 47 (Sonderheft): 216-219, 1996</i>

Scientific Publications – Sports

S1.1	U Boutellier, R Büchel, A Kundert, CM Spengler The respiratory system as an exercise limiting factor in normal trained subjects <i>Eur J Appl Physiol</i> , 65: 347-353, 1992
S1.0	U Boutellier, P Piwko The respiratory system as an exercise limiting factor in normal sedentary subjects <i>Eur J Appl Physiol</i> , 64: 145-152, 1992

S2 Mechanisms of action of respiratory endurance training

S2.4	S Verges, U Boutellier, CM Spengler Effect of respiratory muscle endurance training on respiratory sensations, respiratory control and exercise performance – a 15-year experience <i>Respir Physiol Neurobiol</i> , 161(1): 16 – 22, 2008
S2.3	JA Dempsey, AW Sheel, CM St. Croix, BJ Morgan Respiratory influences on sympathetic vasomotor outflow in humans <i>Respir Physiol Neurobiol</i> , 130: 3-20, 2002
S2.2	DR Seals Robin Hood for the lungs? A respiratory metaboreflex that ‘steals’ blood from locomotor muscles <i>J Physiol</i> , 537.1, 2001
S2.1	C Perret, CM Spengler, G Egger, U Boutellier Influence of endurance exercise on respiratory muscle performance <i>Med Sci Sports Exerc</i> , 32(12): 2052 – 2058, 2000
S2.0	U Boutellier, CM Spengler Article in German VO₂max als Mass für die Ausdauerleistungsfähigkeit? <i>Sportmedizin</i> , 47 (3): 118-122, 1999