Academic Publications

Published on Peer-Reviewed journal

M. Bizzini, F. M. Impellizzeri, J. Dvorak, L. Bortolan, F. Schena, R. Modena, A. Junge
Physiological and performance responses to the "FIFA 11+" (part 1): is it an appropriate warm-up?
Journal of Sport Sciences 2013 Jul 16

A. Brighenti, L. Bortolan, A. Savoldelli, R. Modena, B. Pellegrini, F. Schena
Effect of new type of compression garments on submaximal and maximal cycling performance in the heat (32°C)
Sport Sciences For Health, 2013 Oct 12

M. Fanchini, I. Ferraresi, R. Modena, F. Schena, A.J. Coutts, F.M. Impellizzeri
Use of CR100 scale for session RPE in soccer and interchangeability with CR10

C. Zoppirolli, B. Pellegrini, R. Modena, A. Savoldelli, L. Bortolan, F. Schena
Changes in upper and lower-body muscle involvement at increasing double poling velocities: an ecological study

Physiological and anthropometric characteristics of top-level youth cross-country cyclists.

Presented at academic conferences

A. Savoldelli, A. Brighenti, L. Bortolan, R. Modena, B.Pellegrini, F. Schena
High altitude physiological demands: from the laboratory to the extreme vertical trail running.
In abstract book of 5th International Congress Mountain, Sport & Health, Rovereto (IT), 2013

R. Modena, A. Brighenti, A. Savoldelli, B.Pellegrini, F. Schena
Influence of skeletal age on anthropometric characteristics and jump performance in young soccer and volleyball players.
In abstract book of 5th International Congress Mountain, Sport & Health, Rovereto (IT), 2013

A. Brighenti, L. Bortolan, B.Pellegrini, R. Modena, A. Savoldelli, F. Schena
Physiological and psychophysiological responses during cycling at different intensities in hot environments dressing compression garments.
In abstract book of 5th International Congress Mountain, Sport & Health, Rovereto (IT), 2013

R. Modena, A. Savoldelli, A. Brighenti, B. Pellegrini, F. Schena
The Yo-Yo intermittent recovery test level 1 to individualizing intermittent training
R. Modena, A. Pasini, N. Varesco, F. Schena
**Anthropometric and physiological characteristics in young soccer players in three different levels**

M. Fanchini, L. Bortolan, B. Pellegrini, R. Modena, F. Schena
**Internal responsiveness of two methods for assessing maximal strength and peak rate of force development in lead rock climbers**

M. Fanchini, I. Ferraresi, R. Modena, F. Schena, A.J. Coutts, F.M. Impellizzeri
**The “Centimax” Borg Scale: validity and Interchangeability with CR10 for session-RPE in soccer**
8th World Congress on Science and Football, May 20-23, 2015, Copenhagen, Denmark

R. Modena, A. Savoldelli, A. Fornasiero, B. Pellegrini, A. Ferrari, E. Locatelli, F. Schena
**Differences between female and male young athletes in performance capacity and body composition: preliminary results from the Talent Development Project “Trentino 2020”**

R. Modena, A. Fornasiero, A. Savoldelli, B. Pellegrini F. Schena
**Anthropometrical and Physiological characteristics in young cross-country skiers: a longitudinal study**
6th International Congress Mountain, Sport & Health, Rovereto (IT), 2015

R. Modena, A. Togni, A. Fornasiero, A. Savoldelli, B. Pellegrini, F. Schena
**External load assessment during small sided games in soccer: influence of pitch size and goalkeeper presence**
21st annual Congress of the European College of Sport Science, July 6-9 2016, Vienna, Austria

M. Fanchini, R. Modena, D. De Grandis, F. Schena
**Effect of the collecting method on session-RPE in youth soccer players**
22th annual Congress of the European College of Sport Science, July 5-8 2017, Essen, Germany

R. Modena, A. Fornasiero, A. Savoldelli, S. Skafidas, B. Pellegrini, F. Impellizzeri, F. Schena
**12 weeks of recreational soccer with different doses, in middle-age sedentary men: effects on matches training load**
9th Annual Congress SISMES, September 29 – October 1, 2017. Brescia, Italy