

Stephen Seiler



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Recent Positions

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|--------------|---|
| 2024- | Research Group leader- Sports Performance and Athlete Development Environments (SPADE), Department of Sport Science & Physical Education, U. of Agder |
| 2016-2019 | Vice Rector for Research and Innovation, University of Agder, Kristiansand, Norway |
| 2011-15 | Dean, Faculty of Health and Sport Sciences, University of Agder, Kristiansand, Norway |
| 2006-present | Professor, Faculty of Health and Sport Sciences, University of Agder, Kristiansand, Norway |
| 2011-2015 | Senior Research Consultant, Norwegian Olympic Federation, Oslo, Norway |
| 2002-2011 | Clinical Research Consultant, Sørlandet Regional Hospital, Research Unit, Kristiansand, Norway |

Publication Summary

Google Scholar: H-index 52, i10 index: 94 ([Link to Profile](#))

Citations: 12,506 (11.13.2024)

ResearchGate: RG Interest Score 12761 (99th Percentile), Reads: ~ 811,000

Research focus: Exercise physiology, athlete performance development, endurance training organization and monitoring

Key Publications

Stephen Seiler. 2024. It's about the long game, not epic workouts: unpacking HIIT for endurance athletes. *Applied Physiology, Nutrition, and Metabolism*, 49(11): 1585-1599. <https://doi.org/10.1139/apnm-2024-0012>

Rosenblat, M.A., Arnold, J., Nelson, H., Watt, J., Seiler, S. The Additional Effect of Training Above the Maximal Metabolic Steady State on VO₂peak, W_{peak} and Time-Trial Performance in Endurance-Trained Athletes: A Systematic Review, Meta-analysis, and Reality Check. *Sports Med* (2023). <https://doi.org/10.1007/s40279-023-01924-y>

Galán-Rioja, M. Á., Gonzalez-Ravé, J. M., González-Mohíno, F., Seiler, S. Training Periodization, Intensity Distribution, and Volume in Trained Cyclists: A Systematic

Review. *International Journal of Sports Physiology and Performance*, 18(2), 112-122 (2023). <https://doi.org/10.1123/ijsp.2022-0302>

Haugen, T., Sandbakk, Ø., Seiler, S., Tønnessen, E. The Training Characteristics of World-Class Distance Runners: An Integration of Scientific Literature and Results-Proven Practice. *Sports Med - Open* 8, 46 (2022). <https://doi.org/10.1186/s40798-022-00438-7>

Haugen, T., Sandbakk, Ø., Enoksen, E. Seiler, S., Tønnessen E. Crossing the Golden Training Divide: The Science and Practice of Training World-Class 800- and 1500-m Runners. *Sports Med* (2021). <https://doi.org/10.1007/s40279-021-01481-2>

Maunder, E., Seiler, S., Mildenhall, M.J. Kilding, A.E, Plews D.J. The Importance of ‘Durability’ in the Physiological Profiling of Endurance Athletes. *Sports Med* (2021). <https://doi.org/10.1007/s40279-021-01459-0>

Haugen T, Seiler S, Sandbakk Ø, Tønnesen E. The Training and Development of Elite Sprint Performance: An Integration of Scientific and Best Practice Literature. *Sports Medicine - Open* 5(1) December 2019 DOI: 10.1186/s40798-019-0221-0

Haugen T, Paulsen G, Seiler S, Sandbakk Ø. New Records in Human Power. *International Journal of Sports Physiology and Performance* 13 (6): 678-686. 2018
DOI: 10.1123/ijsp.2017-0441

Seiler S, Sylta Ø. How Does Interval Training Prescription Impact Physiological and Perceptual Responses? *International Journal of Sports Physiology and Performance* 12:1-22, 2017;
DOI:10.1123/ijsp.2016-0464

Sylta Ø, Tønnessen E, Sandbakk Ø, Hammarström D, Danielsen J, Skovereng K, Ravn T, Rønnestad BR, Sandbakk Ø, Seiler S. The Effect of Different High-Intensity Periodization Models on Endurance Adaptations. *Medicine & Science in Sports & Exercise* 06/2016;
DOI:10.1249/MSS.0000000000001007

Hetlelid KJ, Plews, DJ, Herold E, Laursen PB, Seiler S. Rethinking the role of fat oxidation: substrate utilisation during high-intensity interval training in well-trained and recreationally trained runners. *British Medical Journal Open* 2015. E000047. DOI: 10.1136/bmjsem-2015-000047.

Tønnessen E, Sylta Ø, Haugen TA, Hem E, Svendsen IS, Seiler S. The Road to Gold: training and peaking characteristics in the year prior to a gold medal endurance performance. *PloS ONE*. DOI: 10.1371/journal.pone.0101796. 2014.

Sylta Ø, Tønnessen E, Seiler S. From Heart-Rate Data to Training Quantification: A Comparison of 3 Methods of Training-Intensity Analysis. *Int J Sports Physiol Perform.* 9:100-107, 2014.

Haugen T, Tønnesen E, Hisdal J, Seiler S. The role and development of sprinting speed in soccer. *Int J Sports Physiol Perform.* 9(3):432-441. 2014

Seiler S, Jøranson K, Olesen BV, Hetlelid KJ. Adaptations to aerobic interval training: interactive effects of exercise intensity and total work duration. *Scand. J. Med. Sci. Sports.* 23:74-83, 2013.

Seiler, S. What is best practice for training intensity and duration distribution in endurance athletes? *Int. J. Sports Physiology and Performance.* 5: 276-291. 2010.

Seiler S & Tønnessen, E. Intervals, Thresholds, and Long Slow Distance: The Role of Intensity and Duration in Endurance Training. *Sportscience* 13: 32-53, 2009 (sports.org/2009/ss.htm).

Seiler S, Haugen O, Kuffel E. Autonomic recovery after exercise in trained athletes: intensity and duration effects. *Medicine and Science in Sports and Exercise* 39(8):1366-1373, 2007.

Seiler S, de Koning, J. J., & Foster C. The fall and rise in the gender difference in elite anerobic performance 1952-2006. *Medicine and Science in Sports and Exercise* 39(3), 534-540, 2007.

Seiler KS & Kjerland, GØ Quantifying training intensity distribution in elite endurance athletes: is there evidence for an “optimal” distribution? *Scandinavian Journal of Medicine and Science in Sport* 16:49-56. 2006.

Seiler KS & Hetlelid, KJ. Impact of rest duration on physiological and RPE responses during interval training. *Medicine and Science in Sports and Exercise* 37(9):1601-1607, 2005.

Seiler, KS & Sjursen, JE. The impact of work bout duration on physiological and perceptual responses to interval training. *Scand. J Med. Sci. Sports* 14:318-325, 2004.