

# CURRICULUM VITAE

August 25<sup>th</sup>, 2014

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## **Personal data**

Name: **Guillaume MILLET, PhD**

Present position: Professor, University of Calgary

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University of Calgary  
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*Date of birth*

Jan. 18, 1969

*Citizenship*

French

Married 1993 with Isabelle

Children: Zélie (Born 2002) & Henri (Born 2004)

## Education

- ❑ Ph.D. in Sport Sciences, 1997, University of Besançon (with distinction)  
Thesis "Mechanical Factors of the Energy Cost of Locomotion" (Chairman: Paavo Komi, Finland).
- ❑ M.A. in Information, Communication and Digital Technology, 2013, Jean Monnet University Saint-Etienne
- ❑ M.Sc. in Sport Sciences, 1993, University of Lyon (with distinction)
- ❑ Graduate training: 5 months Medical College of Wisconsin (Milwaukee, USA, 1995) and 7 months Edith Cowan University (Australia, 2007-2008).
- ❑ 3 professional certificates (national instructor) allowing to teach physical activity (cross-country skiing, mountain biking, triathlon).

## Employment

- ❑ Initial Term appointment as Professor, Faculty of Kinesiology, University of Calgary, 2013/09-2017/08
- ❑ 4-year full-time research contract in the Hypoxia-Pathophysiology Laboratory, French National Institute for Medical Research), 2009/09-2013/08.
- ❑ Professor, Jean Monnet University Saint-Etienne, 2005/03-2009/08.
- ❑ Associate Professor, Jean Monnet University Saint-Etienne, 2003/09-2005/02.
- ❑ Associate Professor, University of Burgundy, 2000/09-2003/08.
- ❑ Assistant Professor, University of Burgundy, 1998/09-2000/08
- ❑ Fixed term, teaching and research position, University of Franche-Comte, 1996/09-1998/08.
- ❑ Teaching assistantship during my PhD scholarship, University of Franche-Comte, 1994/09-1996/08.

## Supervision of Graduate and Post-doctoral Students

### *Post-doctoral students supervised*

4. 2014-2016: John Temesi (Calgary, Canada): Understanding the cause of fatigue and exhaustion in whole-body exercises in normal and extreme conditions – Principal Supervisor.
3. 2010-2012: Thomas Rupp (Grenoble and Saint-Etienne, France): Brain and muscle deoxygenation during prolonged cycling exercise in hypoxia and normoxia – Co-Supervisor.
2. 2010-2011: Marc Jubeau (Saint-Etienne and Grenoble, France): Central fatigue assessed by transcranial magnetic stimulation during prolonged cycling exercise in hypoxia and normoxia – Principal Supervisor.
1. 2009: Katja Tomazin (Ljubljana, Slovenia and Saint-Etienne, France): Magnetic stimulation factors affecting peripheral nerve stimulation – Principal Supervisor.

### *PhD students supervised*

11. 2014-2017: Jose Mira (Chambery, France & Calgary, Canada): Neuromuscular and psychophysiological determinants of prolonged exercises in normoxia and hypoxia: from fatigue etiology to performance improvement” – Co-Supervisor
10. 2014-2017: Romain Souron (Saint-Etienne, France & Calgary, Canada): Effects of chronic tendon vibration on muscle neuromechanical properties – Co-Supervisor
9. 2012-2015: Pierrick Arnal (Paris & Saint-Etienne, France): Effects of sleep deprivation on neuromuscular and cognitive functions: a military approach – Co-Supervisor

8. 2010-2014: Cyrille Bankole (Saint-Etienne, France): Safety and Effectiveness of Home-Based Exercise Therapy in Facioscapulohumeral Muscular Dystrophy – Co-Supervisor
7. 2010-2013: John Temesi (Saint-Etienne, France): The use of transcranial magnetic stimulation in locomotor function: methodological issues and application to extreme exercise – Principal Supervisor.
6. 2010-2014: Christian Frøyd (Cape Town, South Africa): Fatigue and recovery in high-intensity exercises – Co-Supervisor
7. 2008-2011: Makii Muthalib (Perth, Australia): Effects of muscle contractions on biceps brachii oxygenation investigated by near-infrared spectroscopy – Academic Advisor.
4. 2006-2009: Matthieu Foissac (Saint-Etienne, France): Reduction of energy cost and fatigue during loaded walking, application to poles and backpack – Principal Supervisor.
3. 2001-2004: Vincent Martin (Dijon, France): Neuromuscular recovery: how interesting is electromyostimulation? – Principal Supervisor.
2. 2000-2003: Grégory Lattier (Dijon, France): Low-frequency electromyostimulation and human performance – Principal Supervisor.
1. 1997-2000: Stéphane Perrey (Besançon, France): Determining factors of VO<sub>2</sub> kinetics – Academic Advisor.

#### *M.Sc. students supervised*

14. 2014-2016: Mary Medysky (Calgary): Measuring cancer-related fatigue – Principal Supervisor.
13. 2014-2016: Sarah MacArthur (Calgary): Physiology and biomechanics of uphill and downhill running – Principal Supervisor.
12. 2011-2012: Pierrick Arnal (Saint-Etienne): Effect of 30 h of sleep deprivation on cycling and cognitive performance and central fatigue – Principal Supervisor.
10. 2007-2008: Hugo Kerhervé (Saint-Etienne): Neuromuscular alterations induced by an ultramarathon – Principal Supervisor.
9. 2007-2008: Damien Fournet (Saint-Etienne): Walking poles to reduced lower limbs fatigue.
8. 2006-2007: Jean-Claude Banfi (Saint-Etienne): Muscles damages induced by 24h of treadmill running – Principal Supervisor.
7. 2004-2005: Damien Aubert (Saint-Etienne): Effects of hypoxia on central fatigue – Principal Supervisor.
6. 2003-2004: Matthieu Foissac (Saint-Etienne): Lower limbs stiffness during loaded walking – Co-Supervisor
5. 2001-2002: Gaëlle Deley (Dijon): Effects of two types of pre-fatigue on VO<sub>2</sub> kinetics – Principal Supervisor.
4. 2001-2002: Laurent Pardon (Dijon): Electromyostimulation and walking autonomy recovery – Co-Supervisor
3. 2000-2001: Vincent Martin (Dijon): Neuromuscular fatigue and damages – Principal Supervisor.
2. 1999-2000: Grégory Lattier (Dijon): Effects of training on neuromuscular characteristics – Principal Supervisor.
1. 1997-1998: Stéphane Perrey (Besançon): Stretch-shortening cycle in roller skiing: effects of techniques – Principal Supervisor.

#### **Research funding**

- ❑ Salomon: Understanding physiology and biomechanics of uphill and downhill running, Total 204-2016: \$39,000
- ❑ University of Savoy (Programme presidency): Neuromuscular & psychophysiological determinants of prolonged exercises in normoxia and hypoxia: from fatigue etiology to performance improvement, Total 2014-2017: €110,000

- ❑ Sport Science Association of Alberta (2014 Sport Science Grant). The influence of VO<sub>2</sub> kinetics on neuromuscular fatigue in cycling. Total 2014-2015: \$7450
- ❑ Ecole Doctorale Science Ingenierie Sante: Effects of chronic tendon vibration on muscle neuromechanical properties, Total 2014-2107: €110,000
- ❑ URGC seed grant: Factors causing fatigue and exhaustion in whole-body exercises: methodological advances and applications to rehabilitation in patients with cancer, Total 2014-2015: \$15,000
- ❑ Start-up funds, University of Calgary, 2013, \$165,000
- ❑ French Armament Procurement Agency (DGA): Roles of autonomic and somatic nervous systems in physical and cognitive performances of soldiers in sleep deprivation, Total 2012-2105: €110,000
- ❑ Rhône-Alpes Region: Digital tools to improve public health, total 2013: €5,000
- ❑ Institut Fédératif de Recherche en Sciences et Ingénierie de la Santé (IFRESIS) Saint-Etienne. Consequences of extreme exercises on autonomic and somatic nervous systems. Total 2012: €10,000
- ❑ Hyperios, Biomechanical and energetic effects of running with maximized shoes. Total 2011-2012: €11,000
- ❑ Hospital Clinical Research Program (PHRC), French Ministry of Social Affairs and Health. Exercise therapy in facioscapulohumeral dystrophy: total 2010-2012: €98,200
- ❑ French National Research Agency: The exercising brain: effects of hypoxia, Total 2009-2012: €79,000
- ❑ French Muscular Dystrophy Association: Exercise therapy in facioscapulohumeral dystrophy, Total 2009: €62,500
- ❑ French Muscular Dystrophy Association: Evaluation of neuromuscular dysfunction with magnetic stimulation of motor nerve, Total 2008: €30,000
- ❑ Nike: The H-reflex to evaluate plantar flexors fatigue in runners, Total 2008: €4,500
- ❑ French sport industry Decathlon: reduction of energy cost and muscle fatigue during loaded walking: Total 2005: €51,000
- ❑ Compex Company (Ecublens, Switzerland) and Burgundy Region: grant to support the thesis of Vincent Martin (Ph.D. student): Total 2001-2003: €55,000
- ❑ Burgundy Region: Low-frequency electromyostimulation and human performance, Total 2002: €29,000
- ❑ Springboost shoes Company (Lausanne, Switzerland): Influence of initial dorsiflexion on lower limbs EMG, Total 2004: €13,500
- ❑ Young researcher grant from Burgundy Region, Total 1999: €9,000.

**Teaching** (about 200 hours of teaching per year, except 2009-2013: full-time research position).

- ❑ From 2013: University of Calgary
  - Undergraduate level: Exercise Physiology.
- ❑ 2003-2009: Universite Jean Monnet de Saint-Etienne
  - Undergraduate level: physiology, exercise physiology, strength training, biomechanics, cross-country skiing and mountain biking (theoretical and practical).
  - Graduate level: exercise physiology, fatigue, determining factors of high-intensity and aerobic performance, EMG and neuromuscular function
- ❑ 1998-2003: Universite de Dijon
  - Undergraduate level: physiology and exercise physiology, biomechanics.
  - Graduate level: exercise physiology

- 1994-1998: Universite de Franche-Comte
  - Undergraduate level: anatomy, strength training, cross-country skiing, triathlon, exercise for children.
  - Graduate level: energy cost of human locomotion
- Other: Faculty of Medicine, Saint-Etienne and Besançon (Sports Medicine course): exercise physiology, electrostimulation, techniques of recovery.

## **Public service/University service**

### *Manuscript Review*

1. American Journal of Physiology, Regulatory, Integrative and Comparative Physiology
2. Annals of Physical and Rehabilitation Medicine
3. Archives of Physical Medicine and Rehabilitation
4. British Journal of Sports Medicine
5. Clinical Neurophysiology
6. Degenerative Neurological and Neuromuscular Disease
7. European Journal of Applied Physiology
8. European Journal of Physiology
9. European Journal Sports Sciences
10. International Journal of Sports Medicine
11. International Journal of Sports Physiology and Performance
12. Journal of Applied Physiology
13. Journal of Experimental Biology
14. Journal of Physiology
15. Journal of Science and Medicine in Sport
16. Journal of Sports Medicine
17. Kinesiology Slovenica
18. Medicine & Science in Sports & Exercise
19. Muscle and Nerve
20. Neurology
21. Neuromuscular Disorders
22. PLoS One
23. Research in Sports Medicine
24. Scandinavian Journal of Medicine and Science in Sports
25. Science et Motricité
26. Science et Sports
27. Sleep Medicine
28. Sports Medicine
29. Wilderness & Environmental Medicine

*Grant review* for the Netherlands Organization for Scientific Research (2007), Fund for Scientific Research (Belgium, 2012), Biotechnology and Biological Sciences Research Council (UK, 2011) and Inserm (French public organization entirely dedicated to biological, medical and public health research).

### *External Examiner*

HDRs (French post-doctoral degree allowing its holder to supervise PhD students):

9. Erick Dousset (Marseille, 2014), examiner
8. Grégory Blain (Lille, 2012), reviewer

7. Mounir Chennaoui (Paris, 2011), examiner
6. Grégory Dupont (Lille, 2011), reviewer
5. Samuel Vergès (Grenoble, 2010), examiner
4. François Hug (Nantes, 2009), reviewer
3. Caroline Nicol (Marseille, 2009), reviewer
2. Thierry Bernard (Toulon, 2008), reviewer
1. Fabrice Prieur (Liévin, 2007), reviewer

PhDs:

32. Cyrille Bankole (Saint-Etienne, 2014), co-supervisor.
31. Cyril Genevois (Lyon, 2013), reviewer.
30. Elisabeth Petit (Besançon, 2013), reviewer.
29. John Temesi (Saint-Etienne, 2013), supervisor
28. Christopher Easthope (Nice, 2013), reviewer
27. Samuel Rota (Lyon, 2013), examiner
26. Damien Bachasson (Grenoble, 2012), examiner
25. Jordane Grenier (Saint-Etienne, 2012), president
24. Hervé Assadi (Dijon, 2012), president
23. Nicolas Turpin (Nantes, 2012), examiner
22. Vincent Payen (Toulon, 2011), examiner
21. Stuart Goodall (London, 2010), reviewer
20. Boris Matkowski (Dijon, 2010), examiner
19. Yann Le Meur (Paris, 2010), reviewer
18. Mathieu Gruet (Toulon, 2010), reviewer
17. Nicolas Decorte (Grenoble, 2009), president
16. Romain Lericollais (Caen, 2009), reviewer
15. Florent Lebon (Lyon, 2009), president
14. Thomas Rupp (Montpellier, 2008), reviewer
13. Sébastien Boyas (Nantes, 2007), reviewer
12. David Rouffet (Lyon, 2007), president
11. Jean-Pierre Pouilly (St-Etienne, 2007), president
10. Kevin Desbrosses (Dijon, 2006), examiner
9. Frédéric Garrandes (Nice, 2006), reviewer
8. Raphaël Zory (Chambéry, 2006), reviewer
7. Isabelle Vivodzev (Grenoble, 2006), reviewer
6. Anne-Fabienne Huffenus (Chambéry, 2005), reviewer
5. Francis Degache (St-Etienne, 2005), president
4. Nicolas Fabre (Besançon, 2005), reviewer
3. Guillaume Sarre (Dijon, 2004), examiner
2. Jörg Fuchslocher (Lausanne, 2003), reviewer
1. Gilles Ravier (Besançon, 2003), reviewer

*Candidacy*

2. Sarah Kenny's (Calgary, PhD), internal external examiner.
1. Veronica Guadagni (Calgary, MSc), external examiner

*Chairman* in several international congresses (ECSS Salzburg, Clermont-Ferrand, EISCSA)

*President* of the scientific committee of the EISCSA congress (European Interdisciplinary Society for clinical and sports applications), Saint-Etienne, 2010.

Leader of the M.Sc degree « Exercise, Sport, Health, Disability » University Jean Monnet Saint-Etienne (2003-2009).

Leader of the MKin degree, Faculty of Kinesiology, University of Calgary (from 2014).

Faculty of Sport Sciences *Recruitment & Selection Committees:*

Calgary, MKin Program, 2014

Chambéry, Associate Professor, 2013

Nice, Associate Professor #1, 2013

Nice, Associate Professor #2, 2013

St-Etienne, Associate Professor, 2012

Nantes, Associate Professor, 2011

St-Etienne, Professor, 2011

Clermont-Ferrand, Professor, 2010

Chambéry, Professor, 2010

St-Etienne, Associate Professor, 2009 (president)

Orléans, Associate Professor, 2007

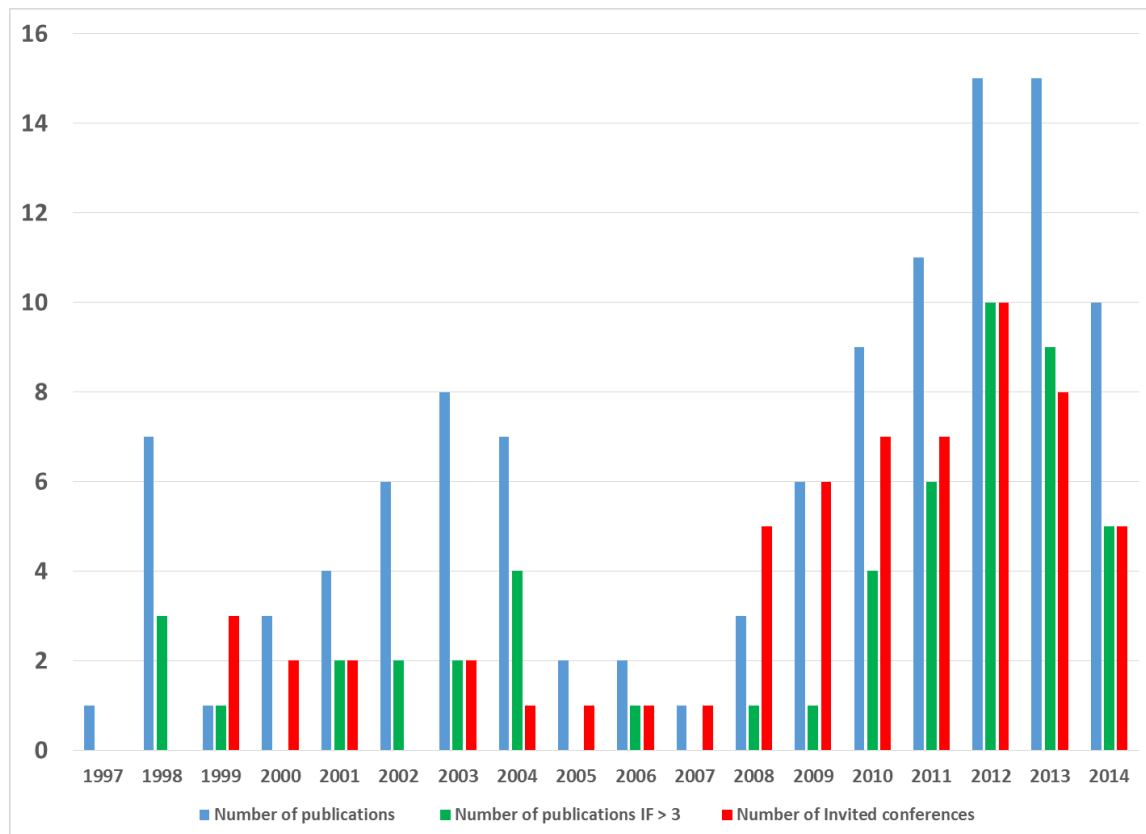
Caen, Associate Professor, 2005

## **Awards**

Young Investigators Award, First Annual Congress of European College of Sport Science, Nice (France), May 28-31, 1996

## Publications

### 1. International journals with peer review/Articles internationaux dans des revues indexées



\*: represents trainees under my supervision.

121. Degache F, Morin JB, Oehen L, Guex K, Giardini G, Schena F, Millet GY, Millet GP. Anticipatory adaptations in running mechanics during the World's most challenging mountain ultra-marathon, *Eur J Appl Physiol* submitted.

120. Morel B, Cléménçon M, Rota S, Millet GY, Rouffet DM, Bishop DJ, Brosseau O, Hauthier CA. Amplitude and etiology of neuromuscular fatigue depends on contraction velocity. *Scand J Med Sci Sports*, in revision.

119. Pavailler S, Hintzy F, Millet GY, Horvais N, Samozino P. Plantar pressure and body accelerations: relationship with ski skating performance. *Int J Sports Med*, submitted.

118. Neyroud D, Temesi J, Millet GY, Verges S, Maffioletti NA, Kayser B, Place N. Validity of magnetic nerve stimulation to assess neuromuscular function of the plantar flexor muscles, *Eur J Appl Physiol* submitted.

117. Rupp T, Jubeau M, Lamalle L, Warnking J, Millet GY, Wuyam B, Esteve F, Levy P, Krainik A, Verges S. Cerebral volumetric changes induced by prolonged hypoxic exposure and whole-body exercise. *J Cereb Blood Flow Metab*, in press (IF: 5.4)

116. Lapole T, Temesi J, Gimenez P, Arnal PJ, Millet GY, Petitjean M. Achilles tendon vibration-induced changes in plantar flexor corticospinal excitability. *Exp Brain Res* in revision.



115. Wüthrich TU, Marty J, Kerherve H, Millet GY, Verges S, Spengler CM. Peripheral and central aspects of respiratory muscle fatigue in a mountain ultra-marathon race. *Med Sci Sports Exerc*, in press (IF: 4.5).
114. Gruet M, Temesi J, Rupp T, Levy P, Vergès S, Millet GY. Dynamics of corticospinal changes during and after a high-intensity quadriceps exercise. *Exp Physiol* in press (IF: 2.8).
113. Gruet M, Temesi J, Brisswalter J, Millet GY, Vergès S. Stimulation magnétique transcranienne : Application à la physiologie de l'exercice. *Sci Sports*, in press (IF: 0.5).
112. \*Gimenez P, Arnal P.J., Samozino P, Millet GY, Morin JB. Simulation of incline treadmill running using additional horizontal force. *J Biomech*, in press (IF: 2.7).
111. Giandolini M, Poupard T, Gimenez P, Horvais N, Millet GY, Morin JB, Samozino P. A simple field method to identify foot strike pattern during running. *J Biomech*, in press (IF: 2.7).
110. Hureau T, Olivier N, Millet GY, Meste O, Blain G. Locomotor muscles pre-fatigue down regulates central motor drive and compromises exercise performance during repeated sprints. *Exp Physiol* in press (IF: 2.8). <http://www.ncbi.nlm.nih.gov/pubmed/18801955>
109. \*Temesi J, Rupp T, Martin V, Arnal PJ, Féasson L, Verges S, Millet GY. Central Fatigue Assessed by Transcranial Magnetic Stimulation in Ultratrail Running. *Med Sci Sports Exerc*, in press (IF: 4.5). This article was chosen for an editorial comment ⇒ see <http://journals.lww.com/acsm-msse/pages/default.aspx>
108. \*Jubeau M, Rupp T, Perrey S, \*Temesi J, Wuyam B, Levy P, Verges S, Millet GY. Changes in cortical voluntary activation during prolonged cycling exercise. *PLoS One* 9(2):e89157, 2014 (IF: 3.7).
107. Neyroud D, Vallotton A, Millet GY, Kayser B, Place N. The effect of muscle fatigue on stimulus intensity requirements for central and peripheral fatigue quantification. *Eur J Appl Physiol* 114(1): 205-215, 2014 (IF: 2.7).
106. \*Temesi J, Gruet M, Rupp T, Verges S, Millet GY. Optimal transcranial magnetic stimulation intensity in quadriceps femoris. *J NeuroEng Rehab* 11(1):40, 2014(IF: 3.3).
105. Bachasson D, \*Temesi J, \*Bankole C, Lagrange E, Boutte C, Millet GY, Verges S, Levy P, Feasson L, Wuyam B. Assesment of quadriceps strength, endurance and fatigue in FSHD and CMT: Benefits and limits of femoral nerve magnetic stimulation. *Clin Neurophysiol*, 125: 396–405, 2014 (IF: 3.1).
104. Robach P, \*Vincent L, Boisson RC, Lundby C, Duthil E, Moutereau S, Michel N, Gergelé L, Féasson L, Millet GY. Hemolysis induced by an extreme mountain ultra-marathon is not associated with a decrease in total red blood cell volume. *Scand J Med Sci Sports*, 24(1):18-27, 2014 (IF: 3.2).
103. \*Temesi J, \*Arnal PJ, Davranche K, Bonnefoy R, Verges S, Millet GY. Does central fatigue explain reduced cycling and cognitive performance after one night of complete sleep deprivation? *Med Sci Sports Exerc* 45(12): 2243-2253, 2013 (IF: 4.5). This article was chosen for an editorial comment ⇒ see <http://journals.lww.com/acsm-msse/pages/default.aspx>
102. Rupp T, Leti T, Jubeau M, Millet GY, Bricout V, Levy P, Wuyam B, Perrey S, Verges S. Tissue deoxygenation kinetics induced by prolonged hypoxic exposure in healthy humans at rest. *J Biomed Opt* 18(9):095002, 2013 (IF: 2.9).

101. Neyroud D, Rüttimann J, Mannion A, Millet GY, Maffioletti NA, Kayser B, Place N. Comparison of neuromuscular adjustments associated with sustained isometric contractions of four different muscle groups. *J Appl Physiol* 114(10):1426-1434, 2013 (IF: 3.5).
100. Saugy J, Place N, Millet GY, Degache F, Schena F, Millet GP. Alterations of neuromuscular function after the World most challenging mountain ultramarathon. *PLoS One*: 8(6): e65596, 2013 (IF: 3.7).
99. Rupp T, Jubeau M, Millet GY, Wuyam B, Levy P, Verges S, Perrey S. Muscle, Prefrontal and Motor Cortex Oxygenation Profiles during Prolonged Fatiguing Exercise. *Adv Exp Med Biol* 789:149-155, 2013 (IF: 1.4).
98. \*Froyd C, Millet GY, Noakes T.D. The development of peripheral fatigue and short-term recovery during self-paced high-intensity exercise. *J Physiol (Lond)* 591(Pt 5):1339-1346, 2013 (IF: 4.4).
97. Bachasson D, Millet GY, Decorte N, Wuyam B, Levy P, Verges S. Quadriceps function assessment using an incremental test and magnetic neurostimulation: A reliability study. *J Electromyogr Kinesiol* 23(3):649-658, 2013 (IF: 1.6).
96. \*Gimenez P, \*Kerhervé H, Messonnier L, Féasson L, Millet GY. Kinetics of energetic cost of running during a 24 h treadmill exercise. *Med Sci Sports Exerc* 45(9):1807-1813, 2013 (IF: 4.5).
95. Gruet M, \*Temesi J, Rupp T, Millet GY, Verges S. Effect of different approaches to target force on transcranial magnetic stimulation responses, *Muscle & Nerve* 48(3):430-432, 2013 (IF: 2.3).
94. Gruet M, \*Temesi J, Rupp T, Levy P, Millet GY, Verges S. Stimulation of the motor cortex and corticospinal tract to assess human muscle fatigue. *Neuroscience* 231:384-399, 2013 (IF 3.1).
93. Giandolini M, \*Arnal PJ, Millet GY, Peyrot N, Samozino P, Dubois B, Morin JB. Impact reduction during running: efficiency of simple acute interventions in recreational runners. *Eur J Appl Physiol* 113(3):599-609, 2013 (IF: 2.7).
92. Vitiello D, Rupp T, Millet GY, Robach P, Bussi re JL, Nottin S. Left and right ventricular mechanics and myocardial damages after completing an extreme mountain ultra-long duration exercise. *Int Journal Cardiol* 165(2):391-392, 2013 (IF: 7.8).
91. \*Degache F, \*Fourchet F, Morin JB, Guex K, Millet GP, \*Tomazin K, Millet GY. Changes in running mechanics and spring–mass behaviour induced by a 5-hour hilly running bout. *J Sports Sci* 31(3):299-304, 2013 (IF: 2.1).
90. Bachasson D, Guinot M, Wuyam B, Favre-Juvin A, Millet GY, L vy P, Verges S. Exercise intolerance and neuromuscular fatigue in fibromyalgia syndrome. *Arthritis Care Res* 65(3):432-440, 2013 (IF: 4.9).
89. Rupp T, Jubeau M, Millet GY, Perrey S, Est ve F, Wuyam B, L vy P, Verges S. The effect of hypoxemia and exercise on acute mountain sickness symptoms. *J Appl Physiol* 114(2):180-185, 2013 (IF: 3.5).

88. Millet GY, Hoffman MD, Morin JB. Last Word on Viewpoint: Sacrificing economy to improve running performance - a reality in the ultramarathon? *J Appl Physiol* 113(3):513, 2012 (IF: 3.5).
87. Rupp T, Jubeau M, Wuyam B, Perrey S, Lévy P, Millet GY, Verges S. Time-dependent effect of acute hypoxia on corticospinal excitability in healthy humans, *J Neurophysiol* 108(5):1270-1277, 2012 (IF: 3.3).
86. Decorte N, Lafaix PA, Millet GY, Wuyam B and Verges S. The kinetic of quadriceps muscle fatigue development during constant-load cycling. *Scand J Med Sci Sports* 22: 381-391, 2012 (IF: 3.2).
85. Millet GP, Millet GY. Ultramarathon is an outstanding model for the study of adaptive responses to extreme load and stress. *BMC Med* 10:77, 2012 (IF: 6.7).
84. Verges S, Rupp T, Jubeau M, Perrey S, Millet GY The neuromuscular function in normobaric versus hypobaric hypoxia. Point: counterpoint "Hypobaric hypoxia induces / does not induce different responses than normobaric hypoxia" *J Appl Physiol* 112(10):1789, 2012 (IF: 3.5).
83. Millet GY, Bachasson D, \*Temesi J, Wuyam B, Féasson L, Verges S, Lévy P. Measuring fatigue in the context of neuromuscular diseases. *Neuromuscul Disord*, 22: S181-S186, 2012 (IF: 2.8).
82. Grenier JG, Millet GY, Peyrot N, Samozino P, Messonnier L, Morin JB. Effects of heavy load carriage for extreme duration on neuromuscular function and locomotion: a military-based study. *PLoS One* 7(8): e43586, 2012 (IF: 4.4).
81. Millet GY, Hoffman MD, Morin JB. Viewpoint: Sacrificing economy to improve running performance – a reality in the ultramarathon? *J Appl Physiol*, 113(3):507-509, 2012 (IF: 3.5).
80. Jamart C, Francaux M, Millet GY, Deldicque L, Frere D, Féasson L. Modulation of autophagy and ubiquitin-proteasome pathways during ultra-endurance running. *J Appl Physiol*, 112(9): 1529-1537, 2012 (IF: 3.5).
79. Millet GY, \*Muthalib M, Jubeau M, Laursen P, Nosaka K. Severe hypoxia affects exercise performance independently of afferent feedback and peripheral fatigue. *J Appl Physiol*, 112(8): 1335-1344, 2012 (IF: 3.5).
78. Morin JB, \*Tomazin K, Samozino P, Edouard P, Millet GY. High-intensity sprint fatigue does not alter constant-submaximal velocity running mechanics and spring-mass behavior, *Eur J Appl Physiol* 112(4):1419-1428, 2012 (IF: 2.7).
77. \*Fourchet F, Millet GP, \*Tomazin K, Guex K, Nosaka K, Edouard P, Degache F, Millet GY. Effects of a 5-hour hilly running bout on ankle dorsal and plantar flexors force and fatigability parameters. *Eur J Appl Physiol* 112(7): 2645-2652, 2012 (IF: 2.7).
76. Verges S, Rupp T, Jubeau M, Wuyam B, Estève F, Perrey S, Millet GY. Cerebral perturbations during exercise in hypoxia. *Am J Physiol Regulatory Integrative Comp. Physiol* 302(8): R903-R916, 2012 (IF: 3.3).

75. Jubeau M, \*Muthalib M, Millet GY, Maffiuletti NA, Nosaka K. Comparison in muscle damage between maximal voluntary and electrically evoked isometric contractions of the elbow flexors. *Eur J Appl Physiol* 112(2):429-438, 2012 (IF: 2.7).
74. \*Tomazin K, Morin JB, Strojnik V, Pedpecan A, Millet GY. Fatigue after short (100-m), medium (200-m) and long (400-m) treadmill sprints. *Eur J Appl Physiol* 112(3):1027-1036, 2012 (IF: 2.7).
73. Krabak BJ, Hoffman MD, Millet GY, Chimes GP. Barefoot running. *PM & R* 3 (12):1142-1149, 2011 (IF: 2.3).
72. Millet GY, Martin V, Martin A, Vergès S. Electrical stimulation for testing the neuromuscular function: from sport to pathology. *Eur J Appl Physiol* 111:2489–2500, 2011 (IF: 2.1).
71. Millet GY, \*Tomazin K, Verges S, \*Vincent C, Bonnefoy R, Boisson RC, Gergelé L, Bonnefoy R, Féasson L and Martin V. Neuromuscular consequences of an extreme mountain ultra-marathon. *PLoS One* 6(2): e17059, 2011 (IF: 4.1).
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#### ***Non-indexed articles /Articles scientifique non indexés***

6. Gergel  L, Baillieul S, Mariat C, Cavalier E, Millet GY. Agression r nale aigu  au d cours de l'Ultra-Trail du Mont-Blanc. *N phrologie & Th rapeutique* 9 (5): 327-328
5. Giandolini M, Gimenez P, Millet GY, Morin JB & Samozino P. Consequences of an ultra-trail on impact and lower limb kinematics in male and female runners, *Footwear Science*, 5:sup1, S14-S15, 2013.
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1. Lepers R., Millet GY & Maffiuletti, N.  tiologie et cin tique d'apparition de la fatigue neuromusculaire lors d'exercices prolong s de cyclisme, *Science et Motricit * 52 : 83-107, 2004.

#### ***Invited conferences/Conf rences en tant qu'invit ***

+ : *International*

- +67. Millet GY. Fatigue and exercise training in patients: what can we learn from sport? *16<sup>th</sup> International Congress of Association of Researchers in Physical and Sports Activities (ACAPS)*, Nantes, October 2016.
- +66. Millet GY. Central and peripheral fatigues induced by exercise. *Winter Meeting of the French Society of Clinical Neurophysiology*, Paris, January 26-27, 2015.
- +65. Kram R, Millet GY, Mester J, Stefanyshyn D, Wilson A. Running Performance, *International Calgary Running Symposium*, Calgary, July 14-17, 2014.
- +64. Millet GY. Neuromuscular Fatigue: Lessons from Extreme Sport. *Medicine & Science in Ultra-Endurance Sports conference*, Squaw Valley (USA), June 24-25, 2014.
- +63. Millet GY. Sacrificing Economy to Improve Running Performance: A Reality in the Ultramarathon? *Medicine & Science in Ultra-Endurance Sports conference*, Squaw Valley (USA), June 24-25, 2014.
62. Millet GY, Temesi J. Methodological advances in neuromuscular fatigue evaluation: application in extreme exercise and patients. *Centre for Neuroscience seminar*, Edmonton, January 28<sup>th</sup>, 2014.
61. Millet GY. Central drive changes in extreme exercises. *School of Health and Exercise Sciences internal seminar*, Kelowna, January 21<sup>st</sup>, 2014.
- +60. Millet GY. Fatigue and Sport Performance. *IV Symposium on Applied Neuromechanics*, Santa Catarina (Brazil), November 26-28, 2013.
59. Millet GY, Devillard X. L'activit  physique, m dicament du futur ? Le Pertuis (France), October 29, 2013.

- +58. Millet GY. Neuromuscular Fatigue: Lessons from Extreme Sport. *Workshop "K-algaly 2013"*, Calgary, June 5-7, 2013.
57. Millet GY. Etiologie de la fatigue musculaire. Collège Grenoblois de Médecine du Sport, Grenoble, 24 mai, 2013.
56. Millet GY. L'entraînement en trail. Trail des Piqueurs, St-Jean des Ollières, 23 mars, 2013.
55. Millet GY, Vergès S, Vercueil L. Quand le sommeil vient tromper le cerveau : l'ultra-endurance au bout du rouleau, l'altitude en apnée. Midi Sciences, Grenoble, 19 mars, 2013.
54. Millet GY, Sergent A, Hirlmann JB. De l'amateur au champion, quelles qualités mentales et physiques pour une pratique sportive épanouie ? La semaine du cerveau, Grenoble, 14 mars, 2013.
53. Millet GY. La performance dans les sports d'endurance : de l'enfant au compétiteur de l'extrême. Cycle de conférence du Stade Lorrain Université Club, Nancy, 1<sup>er</sup> février 2013.
52. Millet GY. L'extraordinaire endurance de l'espèce humaine : où sont les limites ? Collège Grenoblois de Médecine du Sport, Grenoble, 15 novembre, 2012.
51. Millet GY, Brulé A. Approche Physiologique et Pathologique dans la pratique de l'Ultra-Trail. *Conférence dans le cadre de l'Ultra-trail du Mont-Blanc* Saint-Etienne, 18 octobre 2012.
50. Millet GY, Lacroix E. Ultra-trail, Comment concilier Plaisir, Performance et Santé. *Conférence dans le cadre du Grand Raid de la Réunion*, Creps de St-Denis de la Réunion, 13 octobre 2012.
49. Millet GY, Gergelé L, Castell F. Gérer son UTMB. *Conférence dans le cadre de l'Ultra-trail du Mont-Blanc* Chamonix, 30 août 2012.
48. Millet GY. Le rôle du cerveau dans les limites humaines à l'effort extrême : de l'ultramarathon à l'expédition en montagne. *Conférence à l'invitation de la structure fédérative de recherche Sport – Exercice – Motricité*, Grenoble, 21 juin 2012.
- +47. Millet GY. Hypoxia and endurance performance. *Endurance Research Symposium*, Chatham (UK), July 24, 2012.
- +46. Millet GY. The flush model. *ICSEMIS Conference*, Glasgow, July 22, 2012.
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- +44. Millet GY Can neuromuscular fatigue explain running strategies and performance in ultra-marathons? The flush model. *Symposium scientifique « Mécanismes de contrôle des adaptations cardiorespiratoires et de la fatigue musculaire à l'exercice »*, Lille, 22 mars 2012.
43. Millet GY. Sommeil et performance. *Journées Nationales du Sommeil*, Nancy, 16 mars 2012.
- +42. Millet GY. Neuromuscular fatigue induced by ultra-endurance running. *4<sup>th</sup> International Congress Mountain, Sport, & Health*, Rovereto, 11 November 2011.
- +41. Millet GP, Verney J, Joassard O, Bankole C, Millet GY. Acute cardiovascular responses induced by an ultra-trail. *4<sup>th</sup> International congress Mountain, Sport, & Health*, Rovereto, 11 November 2011.
40. Millet GY. Les facteurs limitants des disciplines d'ultra-endurance. *4<sup>ème</sup> Congrès commun SFMS - SFTS*, Caen, 30 septembre 2011.
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39. Millet GY. La biomécanique de la course de fond. *Festival de l'Endurance*, les Saisies, 9

juillet 2011.

38. Millet GY. L'endurance humaine. *Journées annuelles des entraîneurs d'athlétisme francophones*, Bruxelles, 11 juin 2011.

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+36. Millet GY. Can neuromuscular fatigue explain running strategies and performance in ultra-marathons? *University of Sogndal (Norway)* 13 mars 2011.

35. Millet GY, Vergès S. La fatigue aiguë au cours de l'exercice : définition, origine, et réversibilité, 5<sup>ème</sup> journée de la Société Dauphiné Savoie de Médecine du Sport, 6 novembre 2010, Grenoble.

34. Millet GY. Les méthodes d'entraînement combiné, 2<sup>ème</sup> édition des journées Gilles Cometti 19-20 novembre 2010, Dijon.

+33. Millet GY. Muscle fatigue: how to measure it? *Satellite XII ICNMD muscle fatigue in neuromuscular disorders: pathogenic mechanisms and treatment*, 23-24 July 2010, Pisa (Italy).

32. Millet GY. Facteurs de fatigue. *Congrès Cœur et Sport*, 3-5 juin 2010, Saint-Etienne.

+31. Millet GY. Ultra-long exercise: can it be used to explore fatigue mechanisms? Symposium Neuromuscular Fatigue: Revisited in 15<sup>th</sup> annual congress of the European College of Sport Science, 23-26 June, 2010, Antalya (Turkey).

30. Millet GY, Tomazin K, Vergès S, Vincent C, Martin V. Fatigue et récupération de la fonction neuromusculaire lors d'un effort extrême : exemple d'un ultra-trail en montagne, *Journée Club Mont-Blanc Cœur et Sport*, 1<sup>er</sup> juin 2010, Chamonix.

+29. Millet GY. Electrical stimulation for testing and training in exercise and sports. *XVIII Congress of the International Society of Electrophysiology and Kinesiology (ISEK)* June 16-19, 2010, Aalborg (Denmark).

28. Millet GY. La fatigue musculaire : aspects centraux. *Entretiens de Médecine Physique et de Réadaptation*, 5-6 mars 2010, Montpellier.

27. Millet GY. Performance et sports d'endurance. *Association Alte Strade*, 28 novembre 2009, Corte.

26. Millet GY. Is active recovery efficient to improve performance in elite athletes? *Entretiens de l'INSEP*, 10-11 décembre 2009, Paris

25. Millet GY. Comment être performant en ultra-trail? *Conférence dans le cadre de la course 'Ultra-trail du Mont-blanc®'*, 27 août 2009, Chamonix.

24. Millet GY. L'Ultra-Trail est-il dangereux? *Conférence dans le cadre de la course 'Ultra-trail du Mont-blanc®'*, 26 août 2009, Chamonix.

23. Millet GY, Banfi JC. L'entraînement du traileur. *Conférence dans le cadre de la course 'Grand Raid du Mercantour'*, juin 2009, St-Martin de Vésubie.

22. Millet GY, Banfi JC. L'entraînement du traileur. *Conférence dans le cadre de la course 'Merrell Oxygen Challenge'*, mai 2009, Le Lioran.

21. Millet GY. Limites des épreuve d'endurance en altitude : cœur, muscle ou cerveau ? 2<sup>èmes</sup> Journées Régionales du Club Mont-Blanc Cœur et Sport, 17-19 octobre 2008, Annecy.

+20. Millet GY. Fatigue des muscles squelettiques. Aspects théoriques. 5<sup>ème</sup> Congrès International de Rééducation dans les maladies neuromusculaires. Du 30 mai au 1 juin 2008, Marseille.

- +19. Millet GY. Alterations of neuromuscular function after prolonged running exercises. Série de conférences à l'occasion de mon séjour en Australie (*Edith Cowan University* à Perth 20 mars 2008, *Australian Institute of Sports* à Canberra le 3 avril 2008, *Prince of Wales Medical Research Institute* à Sydney le 2 mai 2008).
- +18. Millet GY. Fatigue et récupération lors d'efforts prolongés, 7<sup>ème</sup> Journées annuelles du Centre d'Evaluation de la Performance Sportive (Communauté française de Belgique), Louvain-la-Neuve, le 6 octobre 2007
17. Millet GY. Déterminants de la fatigue musculaire chez le sportif. V<sup>èmes</sup> Journées Francophones d'Electroneuromyographie. Grenoble, 15 au 17 mars 2006.
16. Millet GY. la fatigue du sportif : Comment l'expliquer ? Comment récupérer ? ISSEP Lausanne, janvier 2005.
15. Millet GY. La récupération : mythes et réalités. Journées d'automne Swiss Olympic. Office fédéral du sport, Macolin Suisse, 3 au 5 novembre 2004.
- +14. Millet GY. Electrostimulation et récupération. Congrès International de Médecine du Sport, St-Etienne 18-19 Décembre 2003
- +13. Millet GY. Economy and fatigue in roller skiing. 8th Annual Congress of The European College of Sport Science (session dedicated to cross-country skiing science), Salzburg, July 9-12, 2003.
- +12. Millet GY, Martin V, Lattier G, Maffioletti NA. Neuromuscular fatigue after long duration stretch-shortening cycle exercises, International workshop on non invasive investigation of muscle function, Marseille, October 4 – 6, 2001.
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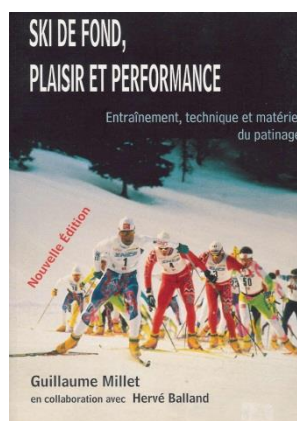
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**Ski de fond, plaisir et performance**

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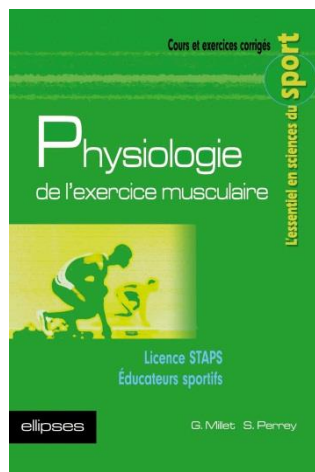
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### ***Media Interviews/Interviews et articles dans la presse***

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L'express, 2 mars 2009, Guillaume Millet : l'Ironman des amphes.

### Newspapers/Journaux

NewScientist, Aviva Rutkin. Runners in Alaska cover nearly 600 miles in six days, August 11<sup>th</sup>, 2014.

Le Journal de l'île de la Réunion, L Garcia, 14 octobre 2012, L'ultra ? Oui mais à petite dose.

Les Petites Affiches de la Loire, C Michaud, 5 au 11 octobre 2012 : Guillaume Millet, ultra-passionné.

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La Tribune, P Décot, 9 juillet 2012, Guillaume Millet : « mon but, dédramatiser l'ultra-trail ».

La Tribune, P Décot, 26 mars 2012, L'élite mondiale de la course à pied est suivie à Saint-Etienne.

Le Quotidien de la Réunion, T Lauret, 23 septembre 2010, L'avis de Guillaume Millet, chercheur à l'Inserm : « Une randonnée en plus rapide ».

La Tribune, P Décot, 12 mars 2009, Et bien courez maintenant.

La Tribune, P Décot, septembre 2007, L'étonnant professeur Millet.

La Tribune, G Cavallès, 2006, Guillaume Millet, ambassadeur de l'ultra-fond.

La Liberté, J Gachet, 7 avril 2005 : Faut-il mettre la fatigue sur le dos du cerveau ?



Le Bien Public, I Decaux, 27 février 2003 : La forme au quotidien ou comment se (re)mettre au sport.

L'Est Républicain, P. Dornier, 26 janvier 1999 : Guillaume Millet : Le ski de fond reste un des sports les plus sains.

Le Progrès, 7 janvier 1999, S Cordier : un ouvrage de référence sur le skating.

## **International Travel**

Australia, USA, Canada, China, Kyrgyzstan, Nepal, South Africa, Burkina Faso, Czech Republic, Sweden, Norway, Finland, England, Wales, Slovenia, Reunion Island (Indian Ocean), Morocco, Tunisia, etc.

## **Results/Athletics**

- Ultra-trail running: 3 times in the top 6 Ultra-Trail du Mont-Blanc 2005/2006/2007 (165 km, +9500m, France), 3<sup>rd</sup> Tor des Géants 2010 (335 km, +24000m, Italy), 22<sup>nd</sup> Western States Endurance Run 2006 (161 km, +5000m, USA).
- Adventure races: Winner French National Cup 2000, 5<sup>th</sup> Mild Seven 2000 (China), 4<sup>th</sup> X-adventure Raid Series 2002 (Sweden).
- Cross-Country skiing: 5<sup>th</sup> French National Cup 1997, 12<sup>th</sup> Transjurassienne 1996 (Wordloppet race), Under 19 French National Team.