

Dr. Jason Karp Publications

BOOKS

Karp, J.R. *Can You Outrun a Donut?: The Surprising Impact of Nutrition and Exercise on Your Weight, Health, Mortality, and Performance*. 2025.

Karp, J.R. and Dau, N. *Run Like a Woman: Menstrual Cycle-Based Training for Optimal Performance*. 2023.

Karp, J.R. *Coaching the Kenyans: Sharing the Secrets of the World's Fastest Runners*. 2023.

Karp, J.R. *The Endurance of Speed: The Revolutionary New Way to Train for Marathons & Half-Marathons*. 2023.

Karp, J.R. *Work Out: The Revolutionary Method of Creating a Sound Body to Create a Sound Mind*. 2022.

Karp, J.R. *Running Periodization: Training Theories to Run Faster*. 2021.

Karp, J.R. (ed.) *Track & Field Omnibook (6th Edition)*. 2020.

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Karp, J.R. *Run Your Fat Off*. 2017.

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Karp, J.R. "Training Theory." In: Green, T. and Hunold-VanGundy, A. *The Ultimate Runner: Stories and Advice to Keep You Moving*. Health Communications, 2010, 242-248.

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