

Dr. Jason Karp Publications

BOOKS

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*. Globe Pequot, 2022.

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

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

Karp, J.R. *Lose It Forever: The 6 Habits of Successful Weight Losers from the National Weight Control Registry*. Mango, 2020.

Karp, J.R. *Sexercise: Exercising Your Way to Better Sex*. BookBaby, 2020.

Karp, J.R. *14-Minute Metabolic Workouts*. Skyhorse, 2017.

Karp, J.R. *Run Your Fat Off*. Reader's Digest, 2017.

Karp, J.R. *The Inner Runner: Running to a More Successful, Creative, and Confident You*. Skyhorse, 2016.

Karp, J.R. *Running a Marathon For Dummies*. Wiley, 2012.

Karp, J.R. and Smith, C.S. *Running for Women*. Human Kinetics, 2012.

Karp, J.R. *101 Winning Racing Strategies for Runners*. Coaches Choice, 2012.

Karp, J.R. *101 Developmental Concepts & Workouts for Cross Country Runners*. Coaches Choice, 2010.

Karp, J.R. *How to Survive Your PhD*. Sourcebooks, 2009.

BOOK CHAPTERS

Karp, J.R. "The Components of Training for Distance Runners." In: Green, T. and Hunold-VanGundy, A. *The Ultimate Runner: Stories and Advice to Keep You Moving*. Health Communications, 2010, 192-198.

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.

Karp, J.R. "Some Training Methods for Middle and Long Distance Running." In: Doherty, K. and Kernan, J.N. *Track & Field Omnibook (5th Edition)*. Tafnews Press, 2007, 177-179.

PEER-REVIEWED SCIENTIFIC JOURNAL ARTICLES

Karp, J.R. The Effects of Strength Training on Distance Running Performance and Running Injury Prevention. *Journal of Physical Education and Sport*. Oct 2024, 24(10), 1352-1367.

Billat, V.L., Petot, H., Karp, J.R., Sarre, G., Morton, R.H., and Mille-Hamard, L. The Sustainability of VO₂max: Effect of Decreasing the Workload. *European Journal of Applied Physiology*. Feb. 2013, 113(2), 385-394.

Loprinzi, P.D., Cardinal, B.J., Karp, J.R., and Brodowicz, G.R. Group Training in Adolescent Runners: Influence on VO₂max and 5-Km Race Performance. *Journal of Strength and Conditioning Research*. Oct. 2011, 25(10), 2696-2703.

Karp, J.R. Strength Training For Distance Running: A Scientific Perspective. *Strength and Conditioning Journal*. June 2010, 32(3), 83-86.

Billat, V.L., Dupré, M., Karp, J.R., and Koralsztejn, J.P. Mountaineering Experience Decreases the Net Oxygen Cost of Climbing Mont Blanc (4,808 m). *European Journal of Applied Physiology*. Apr. 2010, 108(6), 1209-1216.

Karp, J.R. Training Characteristics of Qualifiers for the U.S. Olympic Marathon Trials. *International Journal of Sports Physiology and Performance*. Mar. 2007, 2(1), 72-92.

Karp, J.R., Johnston, J.D., Tecklenburg, S., Mickleborough, T.D., Fly, A.D., and Stager, J.M. Chocolate Milk as a Post-Exercise Recovery Aid. *International Journal of Sport Nutrition and Exercise Metabolism*. Feb. 2006, 16(1), 78-91.

Karp, J.R. Muscle Fiber Types and Training. *Strength and Conditioning Journal*. Oct. 2001, 23(5), 21-26.

Karp, J.R. Interval Training for the Fitness Professional. *Strength and Conditioning Journal*. Aug. 2000, 22(4), 64-69.

SCIENTIFIC JOURNAL ABSTRACTS

Karp, J.R. and Robergs, R.A. Lungs and Legs: Entrainment of Breathing to Locomotion in Highly Trained Distance Runners. *Medicine and Science in Sports and Exercise*. May 2009, 41(5), S33.

Karp J.R. Training Characteristics of the 2004 U.S. Olympic Marathon Trials Qualifiers. *Journal of Exercise Physiologyonline*. March 2006, 9(2).

Karp, J.R. and Stager, J.M. Training Characteristics of United States Olympic Marathon Trials Qualifiers. *Medicine and Science in Sports and Exercise*. May 2005, 37(5), S88.

Karp, J.R., Johnston, J.D., Tecklenburg, S., Mickleborough, T., Fly, A., and Stager, J.M. The Efficacy of Chocolate Milk as a Recovery Aid. *Medicine and Science in Sports and Exercise*. May 2004, 36(5), S126.

TRADE PRINT MAGAZINE & ONLINE ARTICLES

Karp, J.R. Running in the Heat. *Track Coach*. Fall 2024, 249, 7984-7987.

Karp, J.R. How Running Like an Animal Makes Us Human. *ACE CERTIFIED*. Aug. 2024.

Karp, J.R. Running Periodization: Part 5: Menstrual Cycle Periodization. *Track Coach*. Winter 2024, 246, 7866-7871.

Karp, J.R. Running Periodization: Part 4: High School and College Periodization. *Track Coach*. Fall 2023, 245, 7837-7841.

Karp, J.R. Running Periodization: Part 4: High School and College Periodization. *Techniques for Track & Field and Cross Country*. August 2023, 17(1), 29-30,32,34,36.

Karp, J.R. and Dau, N. The Menstrual Cycle and Running Training. *Track Coach*. Summer 2023, 244, 7812-7816.

Karp, J.R. Running Periodization: Part 3: Block and Undulating Periodization. *Techniques for Track & Field and Cross Country*. May 2023, 16(4), 29-30,32.

Karp, J.R. Coaching the Kenyans. *Australian Track & Field Coaches Association Journal*, Spring 2023, 31-32.

Karp, J.R. Running Periodization: Part 3: Block and Undulating Periodization. *Track Coach*. Spring 2023, 243, 7757-7761.

Karp, J.R. The Endurance of Speed. *Australian Track & Field Coaches Association Journal*, Mar. 2023, 36-37.

Karp, J.R. Running Periodization: Part 2: Reverse Linear Periodization. *Techniques for Track & Field and Cross Country*. Feb. 2023, 16(3), 29-30,32-33.

Karp, J.R. HIFT: High-Intensity Functional Training. *canfitpro Magazine*. Jan/Feb. 2023, 42-44.

Karp, J.R. Letter from Kenya: Myths of the Kenyan Runners. *Track Coach*. Winter 2023, 242, 7732-7734.

Karp, J.R. Running Periodization: Part 1: Linear Periodization. *Techniques for Track & Field and Cross Country*. Nov. 2022, 16(2), 7-10.

Karp, J.R. Running Periodization: Part 1: Linear Periodization. *Track Coach*. Fall 2022, 241, 7701-7706.

Karp, J.R. Chasing Greatness. *IDEA Fitness Journal*. Summer 2022, 19(3), 18-21.

Karp, J.R. Confusion vs. Habituation. *Track Coach*. Summer 2022, 240, 7678-7680.

Karp, J. How Running Like an Animal Makes Us Human. *Australian Fitness Network*. June 2022.

Karp, J.R. Business Lessons from the Kenyan Runners. *canfitpro Magazine*. May/Jun. 2022, 56-57.

Karp, J. Business Lessons from Kenya. *Personal Fitness Professional*. Spring 2022, 24-26.

Karp, J.R. Letter from Kenya: Habits of the Kenyan Runners. *Track Coach*. Winter 2022, 238, 7612-7614.

Karp, J.R. The Habits of Successful Weight Losers. *Lower Extremity Review*. Jan. 2022.

Karp, J. Optimise Your Female Client's Running with Menstrual Cycle-Based Training. *Australian Fitness Network*. Spring 2021, 23-25.

Karp, J.R. Low-Glycogen Training. *Track Coach*. Summer 2021, 236, 7520-7521.

Karp, J. The Habits That Maintain Weight Loss. *Australian Fitness Network*. Autumn 2021, 65-67.

Karp, J. Build a Bigger Fuel Tank with Low-Glycogen Training. *Podium Runner*. Feb. 2021.

Karp, J. Balancing Confusion vs. Habituation in Training. *Podium Runner*. Jan. 2021.

Karp, J.R. Marathon Training 101. *Association of Fitness Studios*. Dec. 2020.

Karp, J.R. The Habits of Successful Weight Losers. *Association of Fitness Studios*. Sept. 2020.

Karp, J.R. The Habits of Successful Weight Losers. *ACE CERTIFIED*. Sept. 2020.

Karp, J.R. Get Focused to Maximize Your Fitness Business Success. *Association of Fitness Studios*. Jun. 2020.

Karp, J.R. What Does a Fitness Professional (Really) Need to Know? *Association of Fitness Studios*. Dec. 2019.

Karp, J.R. Help Your Clients Skip Holiday Weight Gain. *canfitpro Magazine*. Nov./Dec. 2019, 48-51.

Karp, J.R. Run Slower to Run Faster. *Track Coach*. Winter 2019, 229, 7299-7300.

Karp, J. Weight Loss Myths. *MedFit Network*. (www.medfitnetwork.org). May 2019.

Karp, J. The Most Popular Exercise: Add Running Programs in Your Club. *Personal Fitness Professional*. Apr. 2019.

Karp, J.R. A Running Circuit for Power. *canfitpro Magazine*. Mar./Apr. 2019, 30-33.

Karp, J.R. 14-Minute Metabolic Workouts to Implement Into Your Fitness Business. *Association of Fitness Studios*. Feb. 2019.

Karp, J.R. Creating Running Programs in Your Fitness Business. *Association of Fitness Studios*. Oct. 2018.

Karp, J.R. How To Do Interval Workouts Correctly. *Track and Field News*. Sept. 27, 2018.

Karp, J.R. What Pace Should I Run, Coach? *ACE CERTIFIED*. Jun. 2018.

Karp, J.R. Do Distance Runners Really Need to Strength Train? *Track Coach*. Winter 2018, 222, 7072-7075.

Karp, J.R. Total-Body Sprint/Body-Weight Circuit to Improve Muscular Endurance. *ACE CERTIFIED*. Feb. 2018.

Karp, J.R. What Health and Fitness Pros (and Their Clients) Need to Know About Resting Metabolic Rate. *ACE CERTIFIED*. Jan. 2018.

Karp, J.R. 14-Minute Metabolic Workouts. *ACE CERTIFIED*. Dec. 2017.

Karp, J.R. Creating Fit and Functional Older Adults. *canfitpro Magazine*. Sept./Oct. 2017, 42-43.

Karp, J. The Top 3 Cardio Workouts. *Personal Training on the Net (www.ptonthenet.com)*. Oct. 2017.

Karp, J. Weight Loss Myths. *Personal Training on the Net (www.ptonthenet.com)*. Aug. 2017.

Karp, J. Interval Training: The Fastest Way to Get Fit. *Personal Training on the Net (www.ptonthenet.com)*. Dec. 2016.

Karp, J. Education Connection Column: Swerving. *Personal Fitness Professional*. Nov./Dec. 2016, 18(7), 10.

Karp, J. Education Connection Column: Knowledge (Alone) is Not Power. *Personal Fitness Professional*. Sep./Oct. 2016, 18(6), 11.

Karp, J. & Smith, C.S. Running Around the Menstrual Cycle. *Track Coach*. Fall 2016, 217, 6925-6931.

Karp, J. Discomfort. *Track Coach*. Summer 2016, 216, 6893-6894.

Karp, J. How to Train the Best Indicator of Aerobic Fitness: VO₂max. *Personal Training on the Net (www.ptonthenet.com)*. Aug. 2016.

Karp, J. Education Connection Column: Mens Sana in Corpore Sano. *Personal Fitness Professional*. Jul./Aug. 2016, 18(5), 10.

Karp, J. Education Connection Column: The Lessons Technology Teaches. *Personal Fitness Professional*. Jun. 2016, 18(4), 12.

Karp, J. Running Through Pregnancy. *Personal Training on the Net (www.ptonthenet.com)*. Apr. 2016.

Karp, J. Education Connection Column: Universal Truths, Variety and Spaghetti Sauce. *Personal Fitness Professional*. Mar./Apr. 2016, 18(2), 12.

Karp, J. Education Connection Column: Education Matters. *Personal Fitness Professional*. Jan./Feb. 2016, 18(1), 10.

Karp, J. Education Connection Column: Success to the Fittest. *Personal Fitness Professional*. Nov./Dec. 2015, 17(7), 10.

Karp, J. Endurance Training Research. *Personal Training on the Net (www.ptonthenet.com)*. Nov. 2015.

Karp, J. Education Connection Column: Grades Don't Matter. *Personal Fitness Professional*. Sept./Oct. 2015, 17(6), 10.

Karp, J. Marathon Physiology and Training: Chasing Pheidippides. *Personal Training on the Net (www.ptonthenet.com)*. Sept. 2015.

Karp, J. Estrogen, Menstrual Cycle, and Exercise. *Personal Training on the Net (www.ptonthenet.com)*. Aug. 2015.

Karp, J. Education Connection Column: How to Be a Fitness Expert. *Personal Fitness Professional*. Jul./Aug. 2015, 17(5), 10.

Karp, J. Education Connection Column: You're a Failure. *Personal Fitness Professional*. May/Jun. 2015, 17(4), 10.

Karp, J. Education Connection Column: The Right Move. *Personal Fitness Professional*. Mar./Apr. 2015, 17(2), 10.

Karp, J. Education Connection Column: How Do You Know What You Know? *Personal Fitness Professional*. Jan./Feb. 2015, 17(1), 10.

Karp, J. Education Connection Column: Find a Mentor. *Personal Fitness Professional*. Nov./Dec. 2014, 16(7), 10.

Karp, J. Education Connection Column: Who Needs a Certification Anyway? *Personal Fitness Professional*. Sept./Oct. 2014, 16(6), 11.

Karp, J. Education Connection Column: What Does a Fitness Professional (Really) Need to Know? *Personal Fitness Professional*. Jul./Aug. 2014, 16(5), 10.

Karp, J. Education Connection Column: Riches are in the Niches. *Personal Fitness Professional*. May/Jun. 2014, 16(3), 10.

Karp, J. Education Connection Column: Getting Ahead of the Fitness Game. *Personal Fitness Professional*. Mar./Apr. 2014, 16(2), 10.

Karp, J.R. Running 101. *canfitpro Magazine*. Mar./Apr. 2014, 22-25.

Karp, J.R. Training Cycles. *Techniques for Track & Field and Cross Country*. Feb. 2014, 7(3), 38-40,42-45.

Karp, J. Education Connection Column: Is Your Education Getting in the Way of Your Learning? *Personal Fitness Professional*. Jan./Feb. 2014, 16(1), 10.

Karp, J.R. The Right Way to Train for a Marathon. *IDEA Fitness Journal*. Nov./Dec. 2013, 10(10), 28-31.

Karp, J.R. Altitude Training. *Techniques for Track & Field and Cross Country*. Feb. 2013, 6(3), 19-20,22,24.

Karp, J.R. Racing Strategies. *Track Coach*. Winter 2013, 202, 6431-6434.

Karp, J.R. Turning Runners Into Racers. *IDEA Fitness Journal*. Sept. 2012, 9(8), 39-45.

Karp, J.R. Five Lessons I Have Learned from Physiology and How They Can Make You a Faster Runner. *Olympic Coach*. Spring 2012, 23(2), 4-10.

Karp, J.R. Recovery: The Art and Science. *Modern Athlete & Coach*. Apr. 2012, 50(2), 19-21.

Karp, J. The Errors of Our Running Ways. *Australian Fitness Network*. Spring 2012, 13-15.

Karp, J.R. Do This, Not That. *ECA World Fitness: News For the Fitness Professional*. Winter 2011, 8-11.

Karp, J.R. A Faster Runner: Five Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner. *Techniques for Track & Field and Cross Country*. Nov. 2011, 5(2), 30-32,34,36,38-39.

Karp, J.R. The 8 Biggest Fitness Myths and Misconceptions. *Personal Training on the Net (www.ptonthenet.com)*. Oct. 2011.

Karp, J.R. Busting Through Training Plateaus. *IDEA Fitness Journal*. May 2011, 8(5), 32-34.

Karp, J.R. The Errors of Our Running Ways. *Techniques for Track & Field and Cross Country*. May 2011, 4(4), 30-34.

Karp, J.R. Interval Training: The New and Better Way to Train Your Clients? *IDEA Fitness Journal*. Feb. 2011, 8(2), 31-34.

Karp, J. Cardio: Quality Over Quantity. *Personal Fitness Professional*. Jan./Feb. 2011, 17-19.

Karp, J.R. Exercising Into Thin Air. *IDEA Fitness Journal*. Oct. 2010, 7(9), 27-28,30-31.

Karp, J.R. Tapering. *Modern Athlete & Coach*. Oct. 2010, 48(4), 28-30.

Karp, J.R. The Best Types of Cardio Equipment. *ECA World Fitness: News For the Fitness Professional*. Summer 2010, 8-11.

Karp, J.R. Distance Running: How Much Mileage is Enough. *Modern Athlete & Coach*. July 2010, 48(3), 20-23.

Karp, J.R. The Best Types of Cardio Equipment. *Personal Training on the Net (www.ptonthenet.com)*. June 2010.

Karp, J.R. Exercising in the Heat. *IDEA Fitness Journal*. June 2010, 7(6), 26-29.

Karp, J.R. Chasing Pheidippides: The Science of Endurance. *Techniques for Track & Field and Cross Country*. May 2010, 3(4), 35-38.

Karp, J.R. A Primer on Muscles. *IDEA Fitness Journal*. May 2010, 7(5), 29-35.

Karp, J.R. Five Lessons I Have Learned From Physiology and How They Can Make Your Clients Better Runners. *Personal Training on the Net (www.ptonthenet.com)*. Apr. 2010.

Karp, J.R. Chasing Pheidippides: Marathon Training 101. *ECA World Fitness: News For the Fitness Professional*. Winter 2010, 22-23.

Karp, J.R. Running Errors and How to Correct Them. *Personal Training on the Net (www.ptonthenet.com)*. Jan. 2010.

Karp, J.R. The Science of Endurance. *New Studies in Athletics*. Dec. 2009, 24(4), 9-14.

Karp, J.R. Muscle Fibers. *Personal Training on the Net (www.ptonthenet.com)*. Nov. 2009.

Karp, J.R. Carbohydrates for Distance Runners. *Sports Nutrition Insider*. Autumn 2009, 2(4), 39-41.

Karp, J.R. The Fat-Burning Zone. *IDEA Fitness Journal*. Oct. 2009, 6(9), 23-25.

Karp, J.R. Chasing Pheidippides: The Science of Endurance. *Modern Athlete & Coach*. July 2009, 47(3), 10-13.

Karp, J.R. Chasing Pheidippides: Marathon Training 101. *IDEA Fitness Journal*. June 2009, 6(6), 27-31.

Karp, J.R. The Bare Bones. *IDEA Fitness Journal*. May 2009, 6(5), 35-41.

Karp, J.R. Target Heart Rate. *Personal Training on the Net (www.ptonthenet.com)*. Mar. 2009.

Karp, J.R. How Fast Can Johnny Run?: Assessing Sprinting Ability. *Track Coach*. Spring 2009, 187, 5974-5976.

Karp, J.R. The Three Metabolic Energy Systems. *IDEA Fitness Journal*. Feb. 2009, 6(2), 26-29.

Karp, J.R. Mile After Mile: How Much Mileage is Enough? *Techniques for Track & Field and Cross Country*. Feb. 2009, 2(3), 50-54.

Karp, J.R. Measuring Fitness Levels. *Personal Training on the Net (www.ptonthenet.com)*. Jan. 2009.

Karp, J.R. Drop Sets. *Personal Training on the Net (www.ptonthenet.com)*. Jan. 2009.

Karp, J.R. Muscle Activity and Body Position. *IDEA Fitness Journal*. Jan. 2009, 6(1), 26-28.

Karp, J.R. Marathon des Sables. *Personal Training on the Net (www.ptonthenet.com)*. Nov. 2008.

Karp, J.R. Chasing Pheidippides: The Science of Endurance. *IDEA Fitness Journal*. Oct. 2008, 5(9), 28-31.

Karp, J.R. Weight Training Positions. *Personal Training on the Net (www.ptonthenet.com)*. Oct. 2008.

Karp, J.R. Using Body-Weight Exercises. *IDEA Fitness Journal*. July/Aug. 2008, 5(7), 119.

Karp, J.R. Tapering for a Marathon. *Personal Training on the Net (www.ptonthenet.com)*. July 2008.

Karp, J.R. Training Characteristics of U.S. Olympic Marathon Trials Qualifiers. *New Studies in Athletics*. June 2008, 23(2), 31-37.

Karp, J.R. The Long View. *Techniques for Track & Field and Cross Country*. May 2008, 1(4), 15-18.

Karp, J.R. The Top 3 Cardio Workouts. *Personal Training on the Net (www.ptonthenet.com)*. May 2008.

Karp, J.R. Top 6 Lessons for Coaching Runners. *IDEA Fitness Journal*. May 2008, 5(5), 30-33.

Karp, J.R. Resting Metabolic Rate Revisited. *Personal Training on the Net (www.ptonthenet.com)*. Mar. 2008.

Karp, J.R. Strength Training and Resting Metabolic Rate. *Personal Training on the Net (www.ptonthenet.com)*. Feb. 2008.

Karp, J.R. High-School P.E. Class Revisited. *IDEA Fitness Journal*. Feb. 2008, 5(2), 32-35.

Karp, J.R. Research Update: Show Me The Treadmill! *Fitness Management*. Jan. 2008, 24(1), 44-46.

Karp, J.R. My Love Affair With Lactate. *The Coach*. Winter 2007-2008, 39, 62-67.

Karp, J.R. The Three Players of Distance Running: An In-Depth Look at Running Economy. *Track Coach*. Winter 2008, 182, 5801-5806.

Karp, J.R. My Love Affair With Lactate. *Personal Training on the Net (www.ptonthenet.com)*. Dec. 2007.

Karp, J.R. How Much Mileage is Enough? *The Coach*. Fall 2007, 38, 27-32.

Karp, J.R. Carbohydrates and The Distance Runner: A Scientific Perspective. *The Coach*. Fall 2007, 38, 50-59.

Karp, J.R. The Three Players of Distance Running: An In-Depth Look at Lactate Threshold. *Track Coach*. Fall 2007, 181, 5782-5785,5793.

Karp, J.R. The Three Players of Distance Running: An In-Depth Look at VO₂max. *Track Coach*. Summer 2007, 180, 5737-5742.

Karp, J.R. Strength Training and Distance Running. *The Coach*. Summer 2007, 37, 27-33.

Karp, J.R. Personal Training and Cardio? *Fitness Management*. Jan. 2007, 23(1), 42-43.

Karp, J.R. The Resting Metabolic Rate Debate. *Fitness Management*. Jan. 2007, 23(1), 44-46.

Karp, J.R. Training Characteristics of U.S. Olympic Marathon Trials Qualifiers. *Track Coach*. Winter 2007, 178, 5693-5698.

Karp, J.R. The Errors of Our Running Ways. *The Coach*. Autumn 2006, 35, 47-50.

Karp, J.R. The Limits of Running Performance. *New Studies in Athletics*. Sept. 2006, 21(3), 51-56.

Karp, J.R. Carbohydrates and The Distance Runner: A Scientific Perspective. *Track Coach*. Summer 2006, 176, 5622-5627.

Karp, J.R. "I Can't Catch My Breath": Lungs and Distance Running Performance. *Track Coach*. Spring 2006, 175, 5577-5579.

Karp, J.R. Weight Machines vs. Free Weights. *Fitness Management*. Feb. 2006, 22(2), 50-52.

Karp, J.R. Lungs and Legs. *Track Coach*. Fall 2005, 173, 5529-5530,5537.

Karp, J.R. My Love Affair With Lactate. *Track Coach*. Spring 2005, 171, 5463-5465,5468.

Karp, J.R. FAQs on Fat. *IDEA Personal Trainer*. Sept. 2003, 14(8), 48.

Karp, J.R. Weight Training Q & A. *IDEA Personal Trainer*. July/Aug. 2003, 14(7), 48.

Karp, J.R. Endurance Training Research. *Modern Athlete and Coach*. Jan. 2003, 41(1), 7-12.

Karp, J.R. Periodization Training. *Modern Athlete and Coach*. Oct. 2002, 40(4), 21-26.

Karp, J.R. Endurance Training Research. *Track and Field Coaches Review*. Sept. 2002, 75(3), 18-21.

Karp, J.R. and Kelley, L.C. Running at Altitude. *Track Coach*. Summer 2002, 160, 5097-5100.

Karp, J.R. Top 10 Most Frequently Asked Questions in a Fitness Center (and Their Answers). *IDEA Health and Fitness Source*. Apr. 2002, 20(4), 59-65.

Karp, J.R. Heart Rate Training for Improved Running Performance. *Track Coach*. Winter 2002, 158, 5035-5039.

Karp, J.R. Metabolizing Fat and Carbohydrate. *Fitness Management*. Dec. 2001, 17(13), 46-49.

Karp, J.R. and Kelley, L.C. Altitude and Figure Skating Performance. *Professional Skater Magazine*. Nov./Dec. 2001, 32(6), 12-13,26.

Karp, J.R. I've Written the Training Program, Now What? *Track & Field Coaches Review*. June 2001, 74(2), 17-21.

Karp, J.R. Designing Programs That Work Best for Your Clients. *Fitness Management online*, June 2001.

Karp, J.R. Muscle Fiber Types and Training. *Track Coach*. Spring 2001, 155, 4943-4946.

Karp, J.R. Periodization Training. *Track Coach*. Winter 2001, 154, 4905-4908.

Karp, J.R. Heart Rate Training. *Fitness Management*. Dec. 2000, 16(13), 37-38.

Karp, J.R. Interval Training. *Fitness Management*. Aug. 2000, 16(9), 46-48.

Karp, J.R. Periodization Training for Improved Performance. *Fitness Management*. June 2000, 16(7), 38-41.

Karp, J.R. Training the Energy Systems. *Track & Field Coaches Review*. June 2000, 73(2), 18-20.

Karp, J.R. A Primer on Periodization Training. *IDEA Health and Fitness Source*. May 2000, 18(5), 23-29.

Karp, J.R. Flexibility for Fitness. *Fitness Management*. Apr. 2000, 16(5), 52-54.

Karp, J.R. Strong on Group Strength Training. *IDEA Fitness Edge*. Nov./Dec. 1999, 2(5), 1-7.

CONSUMER PRINT MAGAZINE & ONLINE ARTICLES

Karp, J. Quick Thinking: The Endurance of Speed. *Runner's World UK*. Oct. 2023, 40-47.

Karp, J. Hone Your Marathon Speed Endurance with Speed-First Training. *Fast Talk Laboratories*. May 2023.

Karp, J. Speed First. *Athletics Weekly*. Mar. 2023, 78-81.

Karp, J. Periodisation: Take Your Pick. *Athletics Weekly*. Feb. 2023, 79-81.

Karp, J. Training VO₂max. *Endurance Sports & Fitness*. Feb. 2019, 18-19.

Karp, J. Got Cramps? *Running Malaysia*. Nov./Dec. 2018.

Karp, J. It's All Downhill From Here. *Running Malaysia*. Sept./Oct. 2018.

Karp, J. Running in the Heat. *Running Malaysia*. Jul./Aug. 2018, 28, 55-57.

Karp, J. Training the Energy Systems. *Running Malaysia*. May/Jun. 2018, 27, 32-34.

Karp, J. Running Around the Menstrual Cycle. *Endurance Sports & Fitness*. Jul./Aug. 2018, 12-14.

Karp, J. Running on Carbs. *Running Malaysia*. Mar./Apr. 2018, 26, 32-34.

Karp, J. Anaerobic Workouts. *Running Malaysia*. Jan./Feb. 2018, 25, 25-27.

Karp, J. Finding Love Through the Love of Running. *Colorado Runner*. Nov./Dec. 2017, 78, 30.

Karp, J. 14-Minute Workouts. *Running Malaysia*. Nov./Dec. 2017, 24, 63-65.

Karp, J. Running at Altitude. *Running Malaysia*. Sept./Oct. 2017, 23, 63-65.

Karp, J. Running Myths. *Running Malaysia*. Jul./Aug. 2017, 22, 62-64.

Karp, J. The Runner's Bones. *Running Malaysia*. May/Jun. 2017, 21, 52-54.

Karp, J. Common Running Errors. *Running Malaysia*. Mar./Apr. 2017, 20, 52-54.

Karp, J. 5K Training. *Running Malaysia*. Jan./Feb. 2017, 19, 52-54.

Karp, J. Making Workouts Good, Better, Great. *Running Malaysia*. Nov./Dec. 2016, 18, 52-54.

Karp, J.R. The Science and Training of VO₂max. *OnFitness*. Jan./Feb. 2017, 17(4), 68-69.

Karp, J.R. The Science and Training of Lactate Threshold. *OnFitness*. Nov./Dec. 2016, 17(3), 40.

Karp, J. Cross Country Workouts. *Running Malaysia*. Sept./Oct. 2016, 17, 52-54.

Karp, J. Interval Training. *Running Malaysia*. Jul./Aug. 2016, 16, 52,55-56.

Karp, J.R. Discomfort. *Pace Running Magazine*. Summer 2016, 5(3), 46.

Karp, J. 10 Racing Strategies. *Running Malaysia*. May/Jun. 2016, 15, 52-54.

Karp, J. Women's Running. *Running Malaysia*. Mar./Apr. 2016, 14, 50-52.

Karp, J. Lessons I Have Learned Form Physiology and How They Can Make You a Faster Runner. *Running Malaysia*. Jan./Feb. 2016, 13, 56-58.

Karp, J.R. The Long Run. *Marathon & Beyond*. Jul./Aug. 2015, 19(4), 82-93.

Karp, J. Top Nutrients for Women Runners. *Duke City Fit*. Summer 2015, 8-9.

Karp, J. Stay in One Piece. *Athletics Weekly*. May 27, 2015, 30-31.

Karp, J. Speed is of the Essence. *Athletics Weekly*. May 14, 2015, 34-35.

Karp, J. Fuelling Women Runners. *Athletics Weekly*. Apr. 16, 2015, 40-41.

Karp, J.R. Running Around the Menstrual Cycle. *Marathon & Beyond*. Mar./Apr. 2015, 19(2), 112-116,118-121.

Milliman, D. and Karp, J. Intervals: It's All About That Proper Pacing. *Pace Running Magazine*. Spring 2015, 4(2), 16-17.

Karp, J. Debunking the Myths. *Athletics Weekly*. Mar. 12, 2015, 52-53.

Karp, J. Quintessential Problems. *Athletics Weekly*. Feb. 19, 2015, 50-51.

Karp, J. Six Things You Don't Know About Running. *Duke City Fit*. Winter 2014-2015, 18-19.

Karp, J. Cramps. *Duke City Fit*. Autumn 2014, 12.

Karp, J. Cardio for Your Caboose. *Duke City Fit*. Autumn 2014, 13.

Karp, J.R. Marathon Training Top 10. *Pace Running Magazine*. Summer 2014, 3(3), 24-25.

Karp, J. Three Top Cardio Workouts. *Duke City Fit*. Summer 2014, 14-15.

Karp, J. Secrets of Running Injury Prevention. *Duke City Fit*. Spring 2014, 18-19.

Karp, J.R. Estrogen: Your New Training Buddy. *Oxygen*. Mar. 2014, 173, 98-102.

Karp, J. How to Get a Caveman Chest. *WomenApproachYou.com*. Mar. 2014.

Karp, J.R. Training: The Old Way vs. The New Way. *Competitor.com*. Feb. 20, 2014.

Karp, J. 12 Ways to Transform Your Running Workouts From Good to Great. *Active.com*. Feb. 2014.

Karp, J. Strategies for Marathon Training. *Duke City Fit*. Winter 2013-2014, 14.

Karp, J.R. Can Your Period Help You Run Better? *SheNOW.org*, December 30, 2013.

Karp, J.R. Running Through the Menstrual Cycle. *Duke City Fit*. Autumn 2013, 20-21.

Karp, J. 3 Essential Marathon Workouts. *Active.com*. Aug. 2013.

Karp, J. Running Longer, and Longer, and Longer Still. *Duke City Fit*. Summer 2013, 11.

Karp, J.R. Running in the Heat. *Pace Running Magazine*. Summer 2013, 2(3), 34-35.

Karp, J.R. What Pace Should Runners Run Lactate Threshold Workouts? *Active.com*. Jun. 2013.

Karp, J.R. Why Lactate Threshold Is Crucial to Becoming a Better Distance Runner. *Active.com*. Jun. 2013.

Karp, J.R. Train Like a Harrier. *Trail Runner*. Jun. 2013, 88, 56-57.

Karp, J.R. Weight Training for Beginners. *Air2Air*. May/Jun. 2013, 19.

Karp, J.R. Interval Training. *SanDiegoNewsRoom.com*. May 20, 2013.

Karp, J.R. Racing Strategies. *SanDiegoNewsRoom.com*. May 16, 2013.

Karp, J. Downhill Running Workouts To Improve Speed, Control. *Competitor.com*. Apr. 26, 2013.

Karp, J.R. Running for Women: 6 Ways Running Impacts the Female Body. *Active.com*. Apr. 2013.

Karp, J.R. Racing Strategies. *Pace Running Magazine*. Spring 2013, 2(2), 24-25.

Karp, J. Interval Training. *Duke City Fit*. Spring 2013, pp. 22-24.

Karp, J.R. Is Running Doubles Beneficial? *Active.com*. Mar. 2013.

Karp, J.R. Running Around the Menstrual Cycle. *Competitor.com*. Mar. 21, 2013.

Karp, J. Running in Cycles. *Athletics Weekly*. Mar. 21, 2013, 38-39.

Karp, J. How to Improve VO₂max. *Active.com*. Mar. 2013.

Karp, J.R. Fitness Myths, Misconceptions, and Misinformation. *Rancho Santa Fe Magazine*. Mar. 2013, 5-7.

Karp, J.R. The Old Way vs. The New Way. *Competitor.com*, Mar. 11, 2013.

Karp, J.R. The Science of VO₂max and Its Impact on Running Performance. *Active.com*. Mar. 2013.

Karp, J. The Gender Divide. *Athletics Weekly*. Feb. 21, 2013, 40-41.

Karp, J. How We Get the Energy to Run. *Active.com*. Feb. 2013.

Karp, J. Understanding a Woman's Metabolism. *Colorado Runner*. Jan./Feb. 2013, 57, 8-9.

Karp, J. Going the Distance. *Athletics Weekly*. Jan. 17, 2013, 32-33.

Karp, J. Distance Running: How Many Miles Should You Run? *Active.com*. Jan. 2013.

Karp, J. Should You Run More Miles? *Active.com*. Jan. 2013.

Karp, J. Top 10 Marathon Tips. *Duke City Fit*. Winter 2012, 22.

Karp, J. The Power to Succeed. *Athletics Weekly*. Nov. 29, 2012, 42-43.

Karp, J.R. Airport Exercises. *Air2Air*. Nov./Dec. 2012, 11.

Karp, J.R. Preventing Holiday Fat with Supercharged Workouts. *Rancho Santa Fe Magazine*. Nov. 2012.

Karp, J. 5 Strategies for Optimal Recovery. *Active.com*. Nov. 2012.

Karp, J. How to Taper to Boost Performance. *Active.com*. Oct. 2012.

Karp, J. 3 Workouts to Increase VO₂max. *Active.com*. Oct. 2012.

Karp, J. Cross Examination. *Athletics Weekly*. Oct. 4, 2012, 54-55.

Karp, J. Reduced Availability of Energy. *Duke City Fit*. Autumn 2012, 10.

Karp, J. How Do I Get Those Sexy Thighs? *Air2Air*. Sept./Oct. 2012, 20.

Karp, J. How to Cheat Fatigue. *Active.com*. Sept. 2012.

Karp, J. How to Train for Ups and Downs in Trail Running. *Active.com*. Sept. 2012.

Karp, J. Top 10 Marathon Tips. *Active.com*. Sept. 2012.

Karp, J. 7 Hill Running Workouts That Increase Power. *Active.com*. Sept. 2012.

Karp, J.R. Doctor's Orders: Take Two Runs a Day and Call Me in the Morning. *Trail Runner*. Sept. 2012, 82, 38,40.

Karp, J.R. 3 Tips for Transitioning to Trail Running. *Active.com*. Aug. 2012.

Karp, J. The Weighted Truth. *FINE*. Aug. 2012, 6(8), 56-58.

Karp, J. High School P.E. Class Revisited. *Air2Air*. Jul./Aug. 2012.

Karp, J.R. Train for Your Muscle Fiber Type. *Active.com*. Jul. 2012.

Karp, J.R. Got Cramps? *Trail Runner*. Jul. 2012, 81, 38-39.

Karp, J.R. 8 Ways to Improve Distance Running Performance. *Active.com*. Jun. 2012.

Karp, J. Workouts to Make You Run Faster. *Duke City Fit*. Summer 2012.

Karp, J.R. What to Do 8 Weeks Before Your Marathon. *Active.com*. Apr. 2012.

Karp, J.R. 9 Marathon Strategies for Success. *Active.com*. Apr. 2012.

Karp, J. Chin Ups. *Duke City Fit*. Spring 2012, 21.

Karp, J. 10 Strategic Steps. *Athletics Weekly*. Mar. 15, 2012, 56-57.

Karp, J. Moving on Up. *Athletics Weekly*. Jan. 26, 2012, 36-37.

Karp, J.R. Getting Fit in 15 Minutes. *Colorado Runner*. Jan./Feb. 2012, 51, 26-27.

Karp, J. Take in the Indoor Route. *Athletics Weekly*. Dec. 22, 2011, 40-41.

Karp, J. 30-Minute Cardio Fat Buster. *Duke City Fit*. Winter 2011, 18.

Karp, J. Twitching Muscles. *Athletics Weekly*. Dec. 8, 2011, 38-39.

Karp, J. Your Fuel Economy. *Athletics Weekly*. Nov. 17, 2011, 42-43.

Karp, J. The Road to Success. *Athletics Weekly*. Oct. 20, 2011, 38-39.

Karp, J. Fartlek Training. *Duke City Fit*. Autumn 2011, 22.

Karp, J. Lactate Love Affair. *Athletics Weekly*. Oct. 6, 2011, 56-57.

Karp, J. Time for an Interval. *Athletics Weekly*. Aug. 18, 2011, 36-37.

Karp, J. Improve Your 5km Time. *Athletics Weekly*. Aug. 4, 2011, 36-37.

Karp, J.R. Power Training for Endurance Athletes. *SanDiegoNewsRoom.com*. Jul. 2011.

Karp, J. Away From the Track. *Athletics Weekly*. Jun. 23, 2011, 43.

Karp, J.R. Hill Therapy: How to Train For Trail-Running's Ups and Downs. *Trail Runner*. Jun. 2011, 73, 32,35.

Karp, J.R. Fartlek Training. *Ultra-Fit*. Jun. 2011, 21(5), 102-103.

Karp, J.R. Go Hard. Go Long.: The Fat Burning Zone. *FINE*. Jun. 2011, 5(6), 56-57.

Karp, J. Beautiful Back. *Duke City Fit*. Summer 2011, 8.

Karp, J.R. Top Three Cardio Workouts. *Air2Air*. May/Jun. 2011, 6, 20.

Karp, J.R. How to Make Your Workouts Better. *Colorado Runner*. May/Jun. 2011, 47, 12,14.

Karp, J. Tired of Slowing Down? *Athletics Weekly*. May 26, 2011, 31-33.

Karp, J. The Passing of Time. *Athletics Weekly*. May 12, 2011, 32-33.

Karp, J.R. Magic Muscles. *Ultra-Fit*. May 2011, 21(4), 102-104.

Karp, J.R. How to Train for the Rock 'n' Roll Marathon in 30 Days or Less. *San Diego Magazine*. May 2011, 63(5), 91.

Karp, J.R. Physiology Lessons: Four Sure-Fire Ways to Become a Faster Trail Runner. *Trail Runner*. May 2011, 72, 30-32.

Karp, J.R. All About Gym Class. *FINE*. May 2011, 5(5), 60-61.

Karp, J.R. How to Get the Most From Your Running. *Men's Fitness*. Apr. 2011.

Karp, J.R. Running Economy. *Ultra-Fit*. Apr. 2011, 21(3), 84-86.

Karp, J.R. C is for Cardio. *FINE*. Apr. 2011, 5(4), 118-119.

Karp, J. Getting Fit in 15 Minutes. *Duke City Fit*. Spring 2011, 14.

Karp, J.R. Racing Right: Tips For Your First Trail Race. *Trail Runner*. Mar. 2011, 71, 20,22.

Karp, J.R. Upping the Ante: Transitioning From 10K to the Marathon. *Trail Runner*. Mar. 2011, 71, 22-24.

Karp, J.R. Chasing Pheidippides: Marathon Training 101. *FINE*. Mar. 2011, 5(3), 68-69.

Karp, J.R. From Good to Great. *Ultra-Fit*. Feb./Mar. 2011, 21(2) 80-83.

Karp, J.R. Do This Not That. *FINE*. Feb. 2011, 5(2), 78-79.

Karp, J. Better Training Endurance. *Athletics Weekly*. Feb. 24, 2011, 36-37.

Karp, J. The Marathon in Three Steps. *Athletics Weekly*. Feb. 10, 2011, 36-37.

Karp, J. Training for Better Endurance. *Athletics Weekly*. Jan. 27, 2011.

Karp, J. Using Oxygen Effectively. *Athletics Weekly*. Jan. 13, 2011, 38-39.

Karp, J.R. 15 Minutes Fitness. *Ultra-Fit*. Jan. 2011, 21(1) 80-83.

Karp, J.R. Supercharged Workouts to Get Rid of Holiday Fat. *FINE*. Jan. 2011, 5(1), 28-29.

Karp, J. Tapering for a Performance Boost. *Athletics Weekly*. Dec. 23, 2010, 42-43.

Karp, J.R. The Art of Tapering. *Ultra-Fit*. Dec. 2010, 20(9), 70-73.

Karp, J. There's No "I" in Team: How to Find a Training Group. *Duke City Fit*. Winter 2010, 10.

Karp, J. Best Winter Sports Workouts. *Duke City Fit*. Winter 2010, 11.

Karp, J.R. Gain Traction: Transition to the Treadmill to Escape the Cold and Switch Up Your Routine. *Women's Running*. Nov./Dec. 2010, 41, 61-63.

Karp, J.R. Turn on the Power: Energy System Specific Training. *Florida Running & Triathlon*. Nov./Dec. 2010, 24(6), 60-61.

Karp, J. Running at a High Level. *Athletics Weekly*. Nov. 25, 2010, 58-59.

Karp, J. Making Your Workouts Great. *Athletics Weekly*. Nov. 11, 2010, 36-37.

Karp, J.R. Trial and Error: Common Running Mistakes and How to Fix Them. *Trail Runner*. Nov. 2010, 69, 28-30.

Karp, J.R. Mileage vs. Time. *Triathlon Club of San Diego Tri News*. Nov. 2010, 14-15,20.

Karp, J. More Power for Less Fuel. *Athletics Weekly*. Oct. 28, 2010, 40-41.

Karp, J. Strength to Go the Distance. *Athletics Weekly*. Oct. 14, 2010, 52-53.

Karp, J.R. Fat-Burning Zone. *SanDiegoNewsRoom.com*. Oct. 2010.

Karp, J.R. Endurance Power. *Ultra-Fit*. Oct. 2010, 20(7), 84-86.

Karp, J. Cool Calves. *Duke City Fit*. Autumn 2010, 12.

Karp, J.R. How Much Do You Need to Run? *Ultra-Fit*. Aug./Sept. 2010, 20(6), 50-53.

Karp, J.R. Muscle Fatigue. *Triathlon Club of San Diego Tri News*. Aug. 2010, 18-19.

Karp, J.R. Marathon Fuel. *SanDiegoNewsRoom.com*. Aug. 2010.

Karp, J.R. Blast More Calories in Less Time: Short Workouts That Really Pay Off. *Shape.com*. July 2010.

Karp, J.R. Get Up to Speed: Prepare for Your First or Fastest 5K With This Eight-Week Training Program. *Women's Running*. July/Aug. 2010, 39, 60-63.

Karp, J.R. "I Can't Catch My Breath": Lungs & Distance Running Performance. *Ultra-Fit*. July 2010, 20(5), 76-78.

Karp, J.R. "I Can't Catch My Breath": Lungs and Running Performance. *SanDiegoNewsRoom.com*. July 2010.

Karp, J. The High Cost of Fuel. *Athletics Weekly*. June 3, 2010, 40.

Karp, J.R. The Errors of Our Running Ways. *SanDiegoNewsRoom.com*. June 2010.

Karp, J.R. Speed Dial: All Runners Can Get Fit Fast—and Have a Little Fun—by Playing with Their Pace. *Runner's World*. June 2010, 45(6), 31-32.

Karp, J. Marathon Fuel. *Duke City Fit*. Summer 2010, 20-21.

Karp, J.R. Lactate Threshold Training. *Ultra-Fit*. June 2010, 20(4), 65-67.

Karp, J.R. Chasing Pheidippides: Training to Combat Marathon Fatigue. *Triathlon Club of San Diego Tri News*. June 2010, 24-25,27.

Karp, J. Righting the Wrongs. *Athletics Weekly*. May 13, 2010, 30-31.

Karp, J.R. Beyond Good: How to Turn Key Workouts Up a Notch or Two For Better Fitness and Faster Times. *Runner's World*. May 2010, 45(5), 35-36.

Karp, J.R. Avoiding Running Errors. *Triathlon Club of San Diego Tri News*. May 2010, 24-25,27.

Karp, J.R. Training to Combat Fatigue. *Ultra-Fit*. Apr./May 2010, 20(3), 66-68.

Karp, J. Optimal Recovery is the Key. *Athletics Weekly*. Apr. 22, 2010, 57.

Karp, J. It's All Downhill From Here. *Duke City Fit*. Spring 2010, 20-21.

Karp, J.R. Downhill Running. *Ultra-Fit*. Feb./Mar. 2010, 20(2), 66-68.

Karp, J. Fighting Fatigue: All Systems Are Go! *Athletics Weekly*. Jan. 14, 2010, 40-41.

Karp, J.R. All Downhill From Here. *Trail Runner*. Race Issue 2010, 63, 10,13.

Karp, J. How Fast Should You Run? *Athletics Weekly*. Dec. 17, 2009, 42-43.

Karp, J.R. 30 Minute Cardio Fat-Buster. *Ultra-Fit*. Dec. 2009, 19(9), 67-69.

Karp, J. Bones. *Duke City Fit*. Winter 2009-2010, 18-19.

Karp, J.R. Beat Winter Weight Gain. *Shape*. Dec. 2009, 29(4), 114-119.

Karp, J.R. It's All Downhill From Here. *Colorado Runner*. Nov/Dec. 2009, 38, 12-13.

Karp, J. Chest Essentials: How Much Should You Lift? *Maximum Fitness*. Nov./Dec. 2009, 4(21), 30.

Karp, J.R. Bones. *Ultra-Fit*. Nov. 2009, 19(8), 64-67.

Karp, J.R. The Other Limiting Factor: How to Offset Muscle Fatigue. *Running Times*. Oct. 2009, 370, 21,24.

Karp, J.R. Mountain Training. *Competitor*. Oct. 2009, 121.

Karp, J.R. Boost Your Recovery. *Ultra-Fit*. Oct. 2009, 19(7), 64-67.

Karp, J. Training By Time. *Duke City Fit*. Autumn 2009, pp. 12-13.

Karp, J.R. "I Can't Catch My Breath": Lungs and Running Performance. *Washington Running Report*. Sept./Oct. 2009, 26(5), 40.

Karp, J. Chest Essentials: Bench Presses and Push-Ups. *Maximum Fitness*. Sept./Oct. 2009, 4(20), 22.

Karp, J. Breathe Easy. *Athletics Weekly*. Sept. 17, 2009, 64(38), 36-37.

Karp, J.R. Run for Your Life. *SELF*. Aug. 2009, 31(8), 62.

Karp, J.R. Can Strength Training Make You a Faster Runner? *Ultra-Fit*. Aug. 2009, 19(6), 64-67.

Karp, J.R. The Final 8 Weeks of Marathon Training. *Washington Running Report*. July/Aug. 2009, 26(4), 40-41.

Karp, J. Run Your Best 26.2: The Final 8 Weeks of Marathon Training. *Colorado Runner*. July/Aug. 2009, 36, 12,14-16.

Karp, J. Chest Essentials: How Long Should You Rest Between Sets? *Maximum Fitness*. July/Aug. 2009, 4(19), 22.

Karp, J.R. Beat Marathon Fatigue. *Ultra-Fit*. July 2009, 19(5), 64-67.

Karp, J.R. Four Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner. *San Diego Running*. Apr.-July 2009, 49(2), 12-16.

Karp, J.R. Training by Time. *Running Times*. June 2009, 367, 25,28.

Karp, J.R. Free & Not So Free Energy: Understanding Energy Pathways. *Ultra-Fit*. June 2009, 19(4), 65-67.

Karp, J.R. Free Weights vs. Weight Machines. *Max Sports & Fitness*. June 2009, 127, 36-38.

Karp, J. The Myth of the Fat-Burning Zone. *Duke City Fit*. Summer 2009, 14-15.

Karp, J.R. There is no "I" in Team: How to Find a Training Group. *Washington Running Report*. May/June 2009, 26(3), 53.

Karp, J.R. Training Characteristics of the 2004 U.S. Olympic Marathon Trials Qualifiers. *Marathon & Beyond*. May/June 2009, 13(3), 66-76.

Karp, J. Chest Essentials: How Many Sets Do You Need? *Maximum Fitness*. May/June 2009, 4(18), 22.

Karp, J.R. Cruise Control. *Runner's World*. May 2009, 44(5), 31,34.

Karp, J. Arms Essentials: Size Matters. *Maximum Fitness*. Mar./Apr. 2009, 4(17), 23.

Karp, J.R. Top 3 Cardio Workouts. *RoadRaceResults.com*. Apr. 2009.

Karp, J.R. Top 3 Cardio Workouts. *Sportstats.ca*. Apr. 2009.

Karp, J.R. Five Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner. *Duke City Fit*. Spring 2009, 18-19,30.

Karp, J.R. The Go Fast Five: Five Physiological Lessons You Must Learn and How They Can Make You a Faster Runner. *Ultra-Fit*. Mar. 2009, 19(3), 64-67.

Karp, J.R. 3K to 10K Fatigue. *San Diego Running*. Jan.-Mar. 2009, 49(1), 13-14.

Karp, J.R. Do This, Not That. *Ultra-Fit*. Feb. 2009, 19(2), 64-67.

Karp, J.R. Ultimate Training: Guide For 10K Through Ultramarathon. *Trail Runner*. Jan. 2009 (Annual Race Issue), 56, 12,15-18.

Karp, J.R. Weight Machines vs. Free Weights. *Ultra-Fit*. Jan. 2009, 19(1), 65-67.

Karp, J.R. Do This... Don't Do That. *Duke City Fit*. Winter 2008-2009, 11-13.

Karp, J.R. Room to Move. *Hemispheres*. Dec. 2008, 32.

Karp, J.R. Running Errors. *Ultra-Fit*. Nov. 2008, 18(9), 72-75.

Karp, J.R. Strength Training and the Distance Runner: A Scientific Perspective. *San Diego Running*. Aug.-Nov. 2008, 48(3), 11-13.

Karp, J.R. Airport Health Clubs. *Hemispheres*. Oct. 2008.

Karp, J.R. 6 Simple Ways to Reach Your Best Body. *Shape*. Oct. 2008, 28(2), 168-173.

Karp, J.R. The Best Types of Cardio Equipment. *Ultra-Fit*. Oct. 2008, 18(8), 72-74.

Karp, J.R. Tapering for the Marathon. *Washington Running Report*. Sept./Oct. 2008, 24(5), 44-45.

Karp, J.R. Activating Muscles: How to Change Body Position When Lifting Weights. *Duke City Fit*. Autumn 2008, 14-15.

Karp, J.R. Fast-Twitch or Slow-Twitch: Which Type Are You? *Ultra-Fit*. Sept. 2008, 18(7), 24-26.

Karp, J.R. The 7 Habits of Highly Effective Triathletes. *Colorado Runner*. July/Aug. 2008, 30, 21-23.

Karp, J.R. Resting Metabolic Rate. *Ultra-Fit*. July 2008, 18(6), 72-74.

Karp, J.R. My Love Affair With Lactate. *San Diego Running*. Apr.-July 2008, 48(2), 8-10.

Karp, J.R. High School P.E. Class Revisited. *Duke City Fit*. Summer 2008, 20-21.

Karp, J.R. Fitness News: Work Harder For a Healthy Heart; Oral Contraceptives & Weight Gain; Got Asthma? Eat Fish Oil. *Oxygen*. July 2008, 11(7), 28,30.

Karp, J.R. Four Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner. *Running Times*. June 2008, 357, 42-47.

Karp, J.R. Activating Muscles: How to Change Body Position When Lifting Weights. *Ultra-Fit*. June 2008, 18(5), 72-74.

Karp, J.R. Chasing Pheidippides: Training to Combat Marathon Fatigue. *Marathon & Beyond*. May/June 2008, 12(3), 41-45.

Karp, J.R. The Fat Burning Zone: Myth or Magic? *Ultra-Fit*. May 2008, 18(4), 72-74.

Karp, J.R. Show Me The Treadmill: The Best Types of Cardio Equipment. *Duke City Fit*. Spring 2008, 26-27.

Karp, J.R. Training Characteristics of U.S. Olympic Marathon Trials Qualifiers. *Colorado Runner*. Mar./Apr. 2008, 28, 21-24.

Karp, J.R. The Top 3 Marathon Workouts. *San Diego Running*. Jan.-Apr. 2008, 48(1), 11-13.

Karp, J.R. Carbohydrates and Distance Running: A Scientific Perspective. *Ultra-Fit*. Mar. 2008, 18(3), 82-84.

Karp, J.R. The Road to London. *Ultra-Fit*. Feb. 2008, 18(2), 76-78,80.

Karp, J.R. Fitness News: Losing Weight After Childbirth; Train Hard to Burn Fat; Are You Lifting Enough? *Oxygen*. Jan. 2008, 11(1), 30,34.

Karp, J.R. The Errors of Our Running Ways. *San Diego Running*. Nov. 2007-Jan. 2008, 47(4), 7-10.

Karp, J.R. Magic Muscles. *Duke City Fit*. Winter 2007-2008, 12-13.

Karp, J.R. A Matter of Survival: Training to Combat Fatigue. *Running Times*. Dec. 2007, 352, 28,30-33.

Karp, J.R. 7 Habits of Highly Effective Triathletes. *Triathlete*. Dec. 2007, 284, 138-140.

Karp, J.R. Fitness News: Sore Muscles? Grab a Coffee. *Oxygen*. Dec. 2007, 10(12), 31.

Karp, J.R. Miles to Go Before I Sleep: How Much Mileage is Enough? *Colorado Runner*. Nov./Dec. 2007, 26, 18-19,21.

Karp, J.R. How They Train: A Study of U.S. Olympic Marathon Trials Qualifiers. *Running Times*. Nov. 2007, 351, 32-33.

Karp, J.R. Rare Air. *Running Times*. Nov. 2007, 351, 14,16,18.

Karp, J.R. Better Body Series: Caveman Chest. *Ultra-Fit*. Nov. 2007, 17(8), 66-68,70-71.

Karp, J.R. What's Your Fitness Level? *Ultra-Fit*. Nov. 2007, 17(8), 42-46.

Karp, J.R. Fitness News: Plan, Commit, Achieve; Prevent Breast Cancer. *Oxygen*. Nov. 2007, 10(11), 30,32.

Karp, J.R. Running Between the Lines. *Duke City Fit*. Autumn 2007, 10-11.

Karp, J.R. So, You Want to Join a Gym? *Ultra-Fit*. Sept. 2007, 17(7), 46-48.

Karp, J.R. Better Body Series: Cool Calves. *Ultra-Fit*. Sept. 2007, 17(7), 66-68,70-71.

Karp, J.R. Fitness News: Take Your Interval Workouts to the Track; Exercise and Anemia; Care for Concentric?; Bench Press or Push-Up. *Oxygen*. Oct. 2007, 10(10), 30-31,34.

Karp, J.R. Fitness News: What Time of Day Should You Exercise?; Don't Stretch for Strength; How Often Do You Need to Train?; Is Interval Training or Continuous Exercise Better for Burning Fat? *Oxygen*. Sept. 2007, 10(9), 30-32,34.

Karp, J.R. Top 3 Fat Fighting Workouts. *Ultra-Fit*. Aug. 2007, 17(6), 58-61.

Karp, J.R. Better Body Series: Popeye Biceps. *Ultra-Fit*. Aug. 2007, 17(6), 66-68,70-71.

Karp, J.R. Fitness News: How Many Calories Am I Burning?; Drink Chocolate Milk for Optimal Recovery; Weights for Weight Loss; Do Your Liver a Favor: Get Moving; Order in the Gym. *Oxygen*. Aug. 2007, 10(8), 30-32.

Karp, J.R. Fitness News: Train Smart; Gear Up for Your Asthma; When Should I Take a Supplement?; Pre-Exercise Nutrition; How Many Joints Should I Train? *Oxygen*. July 2007, 10(7), 32-34,36.

Karp, J.R. Weight Training for Beginners. *Duke City Fit*. Summer 2007, 10-11,13.

Karp, J.R. Better Body Series: Blitz Cellulite & Get Your Beach Legs. *Ultra-Fit*. June 2007, 17(5), 64-66,68-69.

Karp, J.R. Fitness News: Train for Endurance to Burn More Fat; Exercise and Your Bones; How Do I Get Awesome Abs? *Oxygen*. June 2007, 10(6), 34,35,38.

Karp, J.R. Summer Body Special: Nix Your UnderButt; Refine Your Abs. *Marie Claire*. June 2007, 14(6), 204,207.

Karp, J.R. Hey! Back Off! Tapering for the Marathon. *Marathon & Beyond*. May/June 2007, 11(3), 20-26.

Karp, J.R. The Top Three Marathon Workouts. *Washington Running Report*. May/June 2007, 23(3), 32.

Karp, J.R. Miles to Go Before I Sleep: How Much Mileage is Enough? *Running Times*. May 2007, 346, 38-40,42-45.

Karp, J.R. Fitness News: De-training and Fitness; Carbohydrates and Immune Function; How Does Strength Improve? *Oxygen*. May 2007, 10(5), 32-34.

Karp, J.R. Better Body Series: Beautiful Back. *Ultra-Fit*. May 2007, 17(4), 64-66,68-69.

Karp, J.R. Better Body Series: Tighter Butt. *Ultra-Fit*. Apr. 2007, 17(3), 64-66,68-69.

Karp, J.R. Fitness News: The Value of Recovery; Strength Versus Hypertrophy; Lifting Speed: Does It Matter?; When to Squeeze the Muscle?; Pick Up the Pace & Zap More Calories; Better Body Image With Weight Training. *Oxygen*. Apr. 2007, 10(4), 28-30,32.

Karp, J.R. Turn on the Power: Energy System Specific Training. *Atlanta Sports & Fitness*. Apr. 2007.

Karp, J.R. The Top Three Cardio Workouts. *Duke City Fit*. Spring 2007, 22-23.

Karp, J.R. The Top Three Marathon Workouts. *Colorado Runner*. Mar./Apr. 2007, 22, 20-21.

Karp, J.R. The Top Three Marathon Workouts. *Atlanta Sports & Fitness*. Mar. 2007.

Karp, J.R. Better Body Series: Shapely Shoulders. *Ultra-Fit*. Feb. 2007, 17(2), 64-66,68-69.

Karp, J.R. Get a Grip. *Oxygen*. Feb. 2007, 10(2), 80-83.

Karp, J.R. Fitness News: Weight Machines Provide Greater Resistance Than Free Weights; Menstrual Cycle and Strength; Hill Running; Exercise More Often to Lower Blood Pressure. *Oxygen*. Feb. 2007, 10(2), 29,32.

Karp, J.R. Turn on the Power: Energy System Specific Training. *Florida Running & Triathlon*. Jan./Feb. 2007, 20(1), 26-27.

Karp, J.R. On Science and Running. *Marathon & Beyond*. Jan./Feb. 2007, 11(1), 41-42.

Karp, J.R. The Top Three Marathon Workouts. *Marathon & Beyond*. Jan./Feb. 2007, 11(1), 85-86,88.

Karp, J.R. Better Body Series: Fab Abs. *Ultra-Fit*. Jan. 2007, 17(1), 64-69.

Karp, J.R. Fitness News: Exercise and Bone Density; Muscle Fibers; Is There a Fat-Burning Zone?; Fat Burns in a Carbohydrate Flame. *Oxygen*. Jan. 2007, 10(1), 28,30,32.

Karp, J.R. "I Can't Catch My Breath": Lungs and Running Performance. *Duke City Fit*. Winter 2006-2007, 6-7.

Karp, J.R. Fitness News: Do Muscles Have Tone?; Cardio and Your Health; Exercise and Metabolism. *Oxygen*. Dec. 2006, 9(12), 28-30.

Karp, J.R. The Errors of Our Running Ways. *Florida Running & Triathlon*. Nov./Dec. 2006, 19(6), 34-36.

Karp, J.R. Fitness News: Training Your Back; How Deep Should You Squat?; Periodize Your Training; Choose Your Parents Wisely; It's as Simple as a Normal Crunch; Eccentric Contractions. *Oxygen*. Nov. 2006, 9(11), 28-30,32.

Karp, J.R. To Lift or Not to Lift: Put the Dumbbells Down—Why Distance Runners Don't Need Strength Training. *Running Times*. Oct. 2006, 340, 22-23,25-26,28-29.

Karp, J.R. Recovery for Endurance Sports. *Personal Training on the Net (ptonthenet.com)*. Oct. 2006.

Karp, J.R. Fitness News: Can Exercise Make You Smarter?; Bulging Female Muscles?; Can Stretching Prevent Injuries?; Greater Muscle Growth with Pre-Workout Protein. *Oxygen*. Oct. 2006, 9(10), 26-27.

Karp, J.R. The Errors of Our Running Ways. *Duke City Fit*. Autumn 2006, 24,25,30.

Karp, J.R. The Errors of Our Running Ways. *Colorado Runner*. Sept./Oct. 2006, 19, 12-14.

Karp, J.R. "I Can't Catch My Breath": Lungs and Running Performance. *Running Times*. Sept. 2006, 339, 18.

Karp, J.R. Fitness News: Exercise for a Better Sex Drive; Have Exercise-Induced Asthma? Try Vitamin C; How Many Sets Do You Need to Gain Strength?; Fitness and Immunity. *Oxygen*. Sept. 2006, 9(9), 26,28,30.

Karp, J.R. Is Bigger Better? The Muscular Truth About Tone and Stretching. *Trail Runner Inside Dirt e-zine*. Aug. 2006.

Karp, J.R. Fitness News: Exercise to Reduce Anxiety; Lungs and Exercise; Rehydrate After Your Workout. *Oxygen*. Aug. 2006, 9(8), 27.

Karp, J.R. The Magic of Muscles. *Her Sports*. July/Aug. 2006, 15, 30-32.

Karp, J.R. The Errors of Our Running Ways. *Running Times*. July/Aug. 2006, 338, pp. 28,30-33.

Karp, J.R. Workout Express. *Shape*. July 2006, 25(11), 136.

Karp, J.R. Fitness News: Burn More Calories with Interval Training; Downhill Running; Your Menstrual Cycle and Bone Health. *Oxygen*. July 2006, 9(7), 26-27.

Karp, J.R. Optimal Recovery. *Duke City Fit*. Summer 2006, 12-13.

Karp, J.R. Fitness News: Cardio on an Empty Stomach?; Lactic Acid Doesn't Cause Muscle Burn; Want to Gain Strength? Get a Trainer; Free Weights Better Than Machines For Increasing Strength? *Oxygen*. June 2006, 9(6), 25,26,28.

Karp, J.R. Turn on the Power: Energy System Specific Training. *Running Times*. May 2006, 336, 16,57.

Karp, J.R. Running Between the Lines. *Atlanta Sports & Fitness*. May 2006, 44-45.

Karp, J.R. Fitness News: Order in the Gym; Cooling Off; Post-Workout Chow; Cool Your Inflammation. *Oxygen*. May 2006, 9(5), 26,28,30.

Karp, J.R. Workout Express. *Shape*. Apr. 2006, 25(8), 140.

Karp, J.R. The Burning Question. *Runner's World*. Apr. 2006, 41(4), 80-83.

Karp, J.R. Your Ultimate Fat-Burning Cardio Program. *Oxygen*. Apr. 2006, 9(4), 84-86.

Karp, J.R. Weight Training for Beginners. *Oxygen*. Winter 2006, Fat Loss Issue, 32-35.

Karp, J.R. The Road to Recovery. *Atlanta Sports & Fitness*. Feb. 2006, 25-26.

Karp, J.R. Speed, Strength, and Power Training for Endurance Athletes. *Florida Running & Triathlon*. Jan./Feb. 2006, 19(1), 23.

Karp, J.R. Optimal Recovery. *Trail Runner Inside Dirt e-zine*. Nov. 2005.

Karp, J.R. Workout Express. *Shape*. Nov. 2005, 25(3), 140.

- Karp, J.R. Ask the Experts column: Hill training. *Runner's World*. Nov. 2005, 40(11), 36.
- Karp, J.R. There's No "I" in Team: How to Find a Training Group. *Fitness Plus*. Oct. 2005, 21(10), 28.
- Karp, J.R. Strength Training and the Distance Runner: A Scientific Perspective. *Running Times*. Oct. 2005, 330, 22-24,26.
- Karp, J.R. Chin-Ups, Push-Ups, and Hills. *Midwest Running*. July/Aug. 2005, 2(5), 18.
- Karp, J.R. Endorphins—Alignment of the Moons. *Midwest Running*. July/Aug. 2005, 2(5), 19.
- Karp, J.R. Show Me the Bagels: Glycogen as a Metabolic Fuel for Runners. *Marathon & Beyond*. July/Aug. 2005, 9(4), 108-112.
- Karp, J.R. Optimal Recovery. *Fitness Plus*. Apr. 2005, 21(4), 35.
- Karp, J.R. Running Between the Lines: Track Running. *Fitness Plus*. Oct. 2004, 19(10), 22.
- Karp, J.R. Speed, Strength, and Power Training for Endurance Athletes. *Fitness Plus*. July 2004, 16(7), 14.
- Karp, J.R. Medical and Training Advice column: Training for marathon while playing other sports. *Runner's World*. Jan. 2002, 37(1), 26-27.
- Karp, J. Optimal Athletic Output: University of Calgary Lab Helps Olympic Hopefuls Go for the Gold. *Calgary Herald*. May 10, 1997, B6.
- Karp, J. Making Your Writing Richer With Detail. *The Writing Room Newsletter*. Fall, 1996, 2-3.

POEMS

- Karp, J. This is Just to Say. *Treasured Poems of America*. Sistersville, WV: Sparrowgrass Poetry Forum Inc., 1994, 197.
- Karp, J. Window Reflections. *American Collegiate Poets*. Los Angeles, CA: International Publications, 1994, 46.