



JASON KARP, PhD, MBA

SPORT & EXERCISE SCIENTIST | RUN COACH | AUTHOR | ENTREPRENEUR

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The passion Jason Karp found as a kid for the science of athletic performance started with a race around the track in sixth grade in Marlboro, New Jersey. Little did Jason know how much it would define his career and life. A Brooklyn, New York native, he grew up playing baseball and soccer and running track. It was intoxicating. His passion and curiosity placed him on a path he still follows as a USA Track & Field certified coach, sport and exercise scientist, author, speaker, and creator of the popular REVO₂LUTION RUNNING coaching certification program, which was acquired by International Sports Sciences Association in 2022.

Dr. Karp spent a year as visiting professor of exercise science at Georgia Southern University and has given hundreds of international lectures at the world's top fitness conferences and coaching clinics. He has also given a TEDx talk, *How Running Like an Animal Makes Us Human*. He has been an instructor for USA Track & Field's Level 3 coaching certification and for coaching camps at the U.S. Olympic Training Center.

At age 24, Dr. Karp became one of the youngest college head coaches in the country, leading the Georgian Court University women's cross-country team to the regional championship and being named NAIA Northeast Region Coach of the Year. While coaching high school track and field and cross country, he produced state qualifiers and All-Americans. He recently served as assistant cross country and track coach at Georgia Southern University and has been coaching runners remotely since 2005. In 2021, he became the first American distance running coach to move to Kenya to establish and coach a group of Kenyan runners. He has also served as consultant to the Chinese Athletics Association national team coaches.

A prolific writer, Dr. Karp is the author of 15 books: *Coaching the Kenyans*, *The Endurance of Speed*, *Run Like a Woman*, *Work Out*, *Running Periodization*, *The Inner Runner*, *Running a Marathon For Dummies*, *Run Your Fat Off*, *Lose it Forever*, *Sexercise*, *14-Minute Metabolic Workouts*, *Running for Women*, *101 Winning Racing Strategies for Runners*, *101 Developmental Concepts & Workouts for Cross Country Runners*, and *How to Survive Your PhD*. He is also editor of the sixth edition of *Track & Field Omnibook*. He has more than 400 articles published in numerous international coaching, running, and fitness trade and consumer magazines. He also served as senior editor for Active Network and currently is editor of *Track Coach*, the technical publication of USA Track & Field.

Dr. Karp was awarded the 2011 IDEA Personal Trainer of the Year (the fitness industry's highest award), is a two-time recipient of the President's Council on Sports, Fitness, & Nutrition Community Leadership Award (2014, 2019), and was a 2019 finalist for Personal Fitness Professional Trainer of the Year and 2020 finalist for Association of Fitness Studios Influencer of the Year.

Dr. Karp received his PhD in exercise physiology with a physiology minor from Indiana University, his MBA in entrepreneurship from San Diego State University, his master's degree in kinesiology from the University of Calgary, and his bachelor's degree in exercise and sport science with an English minor from Penn State University. His research has been published in several scientific journals, and he serves as a journal expert peer reviewer.

A runner since age 11, Dr. Karp has run thousands of races and was a member of the silver-medal winning United States Masters Team at the 2013 World Maccabiah Games in Israel.