



# JASON KARP, PhD, MBA

SPORT & EXERCISE SCIENTIST | RUN COACH | AUTHOR | ENTREPRENEUR

*A competitive runner since sixth grade, Dr. Jason Karp quickly learned how running molds us into better, more deeply conscious people, just as the miles and interval workouts mold us into faster, more enduring runners. This passion Jason found as a kid placed him on a road that he still follows as a coach, exercise physiologist, author of many books, entrepreneur, educator, and speaker. A leader in the industry in relentless pursuit of his passion, he is the 2011 IDEA Personal Trainer of the Year and two-time recipient of the President's Council on Sports, Fitness & Nutrition Community Leadership award. His [TED talk](#), How Running Like an Animal Makes Us Human, has inspired people around the world. In 2021, he became the first American distance running coach to move to Kenya to coach a group of Kenyan runners. His REVO<sub>2</sub>LUTION RUNNING coaching certification was obtained by fitness professionals and coaches in 26 countries before being acquired by International Sports Sciences Association.*



-  619-787-4084
-  [jason@drjasonkarp.com](mailto:jason@drjasonkarp.com)
-  [drjasonkarp.com](http://drjasonkarp.com)
-  [Sizzle Reel](#)
-  [TED Talk](#)

## EDUCATION

### PhD - Exercise Physiology

Physiology minor

**INDIANA UNIVERSITY** (2007)

Dissertation: *Lungs and Legs: Entrainment of Breathing to Locomotion in Highly-Trained Distance Runners*

### MBA - Business Administration

Entrepreneurship

**SAN DIEGO STATE UNIVERSITY** (2021)

### Master's - Kinesiology

**UNIVERSITY OF CALGARY** (1997)

Thesis: *Motor Unit Recruitment Strategy in Muscle During Eccentric Contractions*

### BS - Exercise and Sport Science

English minor

**PENN STATE UNIVERSITY** (1995)

## SKILLS/TRAITS

- Coaching
- Teaching
- Oral & Written Communication
- Writing/Editing
- Organizational
- Leadership
- Ideation
- Business Strategy
- Discipline
- Resourcefulness
- Budgeting
- Computer/Microsoft Office

## CAREER EXPERIENCE

### COACHING

#### PRIVATE RUN COACH 2001 - PRESENT

Manage all aspects of remote coaching business and coach a select number of adult runners each year on a contract basis to train for races.

#### FOUNDER & HEAD COACH

##### **Nguvu Running** Iten, Kenya 2021 - 2022

Established and coached a group of Kenyan runners as first American distance running coach to live to Kenya.

#### ASSISTANT CROSS COUNTRY/TRACK & FIELD COACH (VOLUNTEER)

##### **Georgia Southern University** Statesboro, GA 2023 - 2024

Assisted head coach with athletes' training and various aspects of team management.

#### HEAD TRACK & FIELD COACH

##### **La Jolla High School** La Jolla, CA 2014

Wrote and implemented athletes' training, managed assistant coaches, organized competitions, balanced budget, and led team.

#### ASSISTANT CROSS COUNTRY COACH (VOLUNTEER)

##### **San Diego State University** San Diego, CA 2009

Wrote and implemented athletes' training and assisted head coach with various aspects of the team.

#### ASSISTANT CROSS COUNTRY/TRACK & FIELD COACH (VOLUNTEER)

##### **University of New Mexico** Albuquerque, NM 2000 - 2001

Assisted head coach with athletes' training.

#### HEAD TRACK & FIELD COACH

##### **George Washington High School** San Francisco, CA 2000

Oversaw all aspects of boys' and girls' teams, including planning/implementation of athletes' training, managing assistant coaches, organizing competitions, and balancing budget.

\*300-meter hurdler and 4x100-meter relay team qualified for State Championships

## PROFESSIONAL CERTIFICATIONS

USA Track & Field Coach  
REVO<sub>2</sub>LUTION RUNNING Coach

## SOCIAL MEDIA

    @drjasonkarp

### HEAD CROSS COUNTRY COACH

**Waldorf High School** San Francisco, CA 1999

*Oversaw all aspects of boys' and girls' teams in school's inaugural year, including planning/implementing athletes' training, planning competitions, and balancing budget.*

### ASSISTANT TRACK & FIELD COACH (VOLUNTEER)

**Monmouth University** West Long Branch, NJ 1998

*Assisted head coach with athletes' training of various event groups.*

### HEAD CROSS COUNTRY COACH

**Georgian Court University** Lakewood, NJ 1997

*Oversaw all aspects of women's-only team, including planning/implementing athletes' training, organizing competitions, planning travel, recruiting, and balancing budget.*

\* Qualified for NAIA National Championships

\* Named NAIA Northeast Region Coach of the Year

### ASSISTANT COACH

**Impala Racing Team** San Francisco, CA 2000

*Assisted head coach with adult athletes' training and led weekly workouts of USATF club team.*

### COMMUNITY RUNNING GROUP COACH

**American Heart Association Start Training Program** San Diego, CA 2013

**VAVi Running Club** San Diego, CA 2009 - 2010

**USA FIT** San Francisco, CA 2000

## TEACHING

### VISITING PROFESSOR

**Georgia Southern University** AUG 2023 - MAY 2024

*Taught graduate and undergraduate classes in exercise physiology, laboratory techniques, exercise science, and human performance & nutrition.*

### ADJUNCT PROFESSOR

*Taught classes in Fitness Assessment & Exercise Program Design, Applied Exercise Physiology, Fitness Training Theory, and Writing the Dissertation.*

**University of California-San Diego** La Jolla, CA 2011

**Miramar College** San Diego, CA 2010

**Grossmont College** El Cajon, CA 2008

**University of California-Berkeley** Berkeley, CA 2000

**Monmouth University** West Long Branch, NJ 1998

### GRADUATE STUDENT TEACHER

*Taught Exercise Physiology Lab and Biomechanics Lab; tutored students in physiology, anatomy, and writing.*

**Indiana University** Bloomington, IN 2001 - 2005

**University of New Mexico** Albuquerque, NM 2000 - 2001

**University of Calgary** Calgary, Alberta, Canada 1995 - 1997

### INSTRUCTOR

**USA Track & Field** SUMMER 2007; SUMMER 2010, 2013

*Taught Level 3 coaching certification (endurance events & sprints) and Emerging Elite Coaches Camp.*

## BUSINESS

### FOUNDER & CEO

**KASI** NOV 2022 - PRESENT

*Born from the rocky, red-dirt roads of Kenya, KASI — the Swahili word for "speed" — turns every run and workout into a live expert coaching experience with real-time audio intelligence on your wrist. [runkasi.com](https://www.runkasi.com)*

## FOUNDER & CEO

### **REVO<sub>2</sub>LUTION RUNNING** JAN 2015 - NOV 2022

*Created and oversaw all business operations of the industry's most comprehensive run certification program for coaches and fitness professionals, which penetrated 26 countries. Program includes flagship certification course, 7 continuing education courses, and licenses for outdoor group training program and branded group treadmill classes. Acquired by International Sports Sciences Association in 2022.*

## WRITING/EDITING

### **WRITER & AUTHOR** 1999 - PRESENT

*Author of 17 books and more than 400 articles in national consumer and trade magazines.*

### **EDITOR**

#### **Track Coach Magazine** Mountain View, CA JAN 2025 - APR 2026

*Ideation, curating, and editing articles, wrote editor's column, and worked with publishing team of USA Track & Field's technical coaching journal until the magazine folded.*

### **SENIOR EDITOR**

#### **Active Network** San Diego, CA 2014 - 2015

*Ideation, writing, editing, curating, and publishing of articles on active.com's running channel; analyzed metrics to develop strategies to increase page views.*

### **JOURNAL REVIEWER** 2014 - PRESENT

*Review and provide critical feedback on scientists' research papers for publication in peer-reviewed scientific journals.*

## PERSONAL TRAINING

### **PERSONAL TRAINER/FITNESS SPECIALIST** 1997 - 2000

**Club One** San Francisco, CA

**NY Sports Club** Marlboro, NJ

**Bally's Fitness** East Brunswick, NJ

**Work Out World** Tinton Falls, NJ

**Community Medical Center** Toms River, NJ

## OTHER

### **COACHING EDUCATION COMMITTEE PHYSIOLOGY CURRICULUM LEAD**

**USA Track & Field** DEC 2025 - PRESENT

### **MASTERS TRACK & FIELD CHAIR**

**USA Track & Field San Diego-Imperial Association** MAY 2025 - PRESENT

*Organize and direct all aspects of association's masters track & field championships.*

### **VOLUNTEER**

**U.S. Olympic & Paralympic Committee** JAN 2026 - FEB 2026

*Volunteered for USOPC's Team USA Welcome Experience for the Milano-Cortina 2026 Winter Olympics, supporting the needs and logistics of arriving U.S. athletes, staff, and guests.*

### **PHD DISSERTATION COMMITTEE MEMBER**

**Concordia University Chicago** JUN 2025 - PRESENT

*Help guide doctoral student through dissertation process; offer subject matter expertise and provide critical feedback on proposal and dissertation, including data collection and research methods; communicate proposed revisions; participate and cooperate with other committee members in proposal and final dissertation defenses.*

### **SPORTS BIOMECHANICS LAB ASSISTANT**

**Penn State University** AUG 1991 - MAY 1995

*Assisted graduate students and faculty with research data collection.*

## HONORS & AWARDS

TED Speaker, TEDxRexburg 2022  
Association of Fitness Studios Influencer of the Year Award Finalist 2020  
Personal Fitness Professional Trainer of the Year Finalist 2019  
President's Council on Sports, Fitness & Nutrition Community Leadership Award 2014, 2019  
U.S. Half-Marathon Team, World Maccabiah Games 2013  
Brooks-Sponsored Trainer 2013 - 2014  
Personal Training Presenter Award Nominee, ECA World Fitness 2012, 2013  
IDEA Personal Trainer of the Year Award 2011  
PowerBar Team Elite 2008 - 2014  
Travel Grant-in-Aid Award, Indiana University School of HPER/Dept. of Kinesiology 2005  
Research Grant-in-Aid Award, Indiana University Graduate School 2005  
Research Grant, Counsilman Center for the Science of Swimming 2003  
Research Grant, Dairy and Nutrition Council, Inc. 2003  
Associate Instructor Research Award, Indiana University 2003  
Graduate Teaching Assistantship, Indiana University 2001 - 2003  
Coaching Achievement Award, California Interscholastic Federation 1999 - 2000  
Coaching Excellence Award, San Francisco Waldorf High School 1999 - 2000  
Cross Country Coach of the Year, NAIA Northeast Region 1997  
Graduate Teaching Assistantship, University of Calgary 1995 - 1997  
Dean's List/Honor Society, Penn State University 1992 - 1995  
Academic Scholarship, Penn State University 1991 - 1995  
Scholar-Athlete Award, NCAA Big Ten Conference 1992 - 1993

## BOOKS



## SCIENTIFIC PUBLICATIONS

Karp, J.R. Invited Commentary: Can You Outrun a Bad Diet? *Current Sports Medicine Reports*, 24(10):307-308, 2025.

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

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

Loprinzi, P.D., Cardinal, B.J., Karp, J.R., and Brodowicz, G.R. Group Training in Adolescent Runners: Influence on VO<sub>2</sub>max and 5-Km Race Performance. *Journal of Strength and Conditioning Research*, 25(10):2696-2703, 2011.

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

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

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*, 41(5):S33, 2009.

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

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*, 16(1):78-91, 2006.

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

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

## TRADE & CONSUMER PUBLICATIONS

More than 400 articles published in international trade and consumer magazines

Full list of publications: [drjasonkarp.com/jasonkarppublications.pdf](http://drjasonkarp.com/jasonkarppublications.pdf)

*Track Coach*

*Athletics Weekly*

*Modern Athlete & Coach*

*Runner's World*

*New Studies in Athletics*

*NSCA Strength and Conditioning Journal*

*Running Times*

*IDEA Fitness Journal*

*Techniques for Track & Field and Cross Country*

*Trail Runner*

*PTontheNet.com*

*Active.com*

*Running Malaysia*

*Ultra-Fit*

*Fitness Management*

*Oxygen*

*Shape*

*SELF*

## PRESENTATIONS

More than 300 presentations at international, national, and regional fitness conferences, coaching clinics, and scientific conferences. Full list of presentations:

[drjasonkarp.com/jasonkarppresentationslist.pdf](http://drjasonkarp.com/jasonkarppresentationslist.pdf)

U.S. Track Coaches Association Convention

Ohio Association of Track and Cross Country Coaches Clinic

Michigan Interscholastic Track Coaches Association Clinic

Arizona Track Coaches Association Cross Country Coaches Clinic

Indiana Association of Track and Cross Country Coaches Clinic

U.S. All-Star Track & Field Coaches Clinic

IDEA World Fitness Convention

American College of Sports Medicine (ACSM) Conference

National Strength & Conditioning Association (NSCA) Conference

American Society of Exercise Physiologists Conference

FILEX Fitness Convention (Australia)

ECA World Fitness Convention

FitnessFest

Club Industry Conference

Indonesia Fitness & Health Expo

Asia Fitness Convention

CanFitPro Conference

ACSM Health & Fitness Summit

CAHPERD Conference

## NOTABLE RUNNERS COACHED

Elkanah Langat

2:07:56 marathon | 1:05:16 half-marathon (altitude)

Wesley Kimutai

13:33 5,000 meters | 28:32 10,000 meters

Valentin Betoudji

31:09 10K | 1:01:56 20K | 2:18:20 marathon; Chad National Marathon Record Holder, 2024 Olympian

Geoffrey Cheromei

14:08 5,000 meters (altitude) | 30:24 10,000 meters (altitude)

Collins Kibet

1:46.87 800 meters | 3:43 1,500 meters | 4:07 Mile

Eddah Jepkosgei

2:31:11 Marathon; Winner, Linz Marathon & Edinburgh Marathon

**Nageso Nyafaro**

14:33 5,000 meters (altitude) | 30:24 10K (altitude) | 1:05 Half-Marathon

**Silas Too**

14:20 5,000 meters | 28:35 10K | 1:05:25 Half-Marathon

**Susan Loken**

1:16 Half-Marathon | 2:41 Marathon; 3-time U.S. Olympic Marathon Trials qualifier in her 40s  
4-time U.S. Masters Marathon Champion

**Gabriela Hnilkova-Jenks**

9<sup>th</sup> place, 2007 World Duathlon Championships; 27<sup>th</sup> place, 2003 World Duathlon Championships

**Janna Mitsos**

5:01 Mile | 16:28 5,000 meters | 35:49 10,000 meters | 1:00:54 10 Miles | 1:19 Half-Marathon

**Heather May**

2008 U.S. Olympic Marathon Trials qualifier  
18:08 5K | 37:15 10K | 1:21 Half-Marathon | 2:48 Marathon

**Irene Kalbian**

High School: 5:03 Mile | 11:09 2-Mile; 6<sup>th</sup> place, National Scholastic Indoor Championships  
Post-Collegiate: 1:22 Half-Marathon | 2:53 Marathon

**Jessica Dorsey**

1:23 Half-Marathon | 2:53 Marathon

**Jonathan Rossing**

1:14 Half-Marathon | 2:41 Marathon

**Sean Mueller**

High School All-American  
4:20 Mile | 8:38 3,000 meters | 9:32 2-Mile | 15:20 5,000 meters | 15:51 XC 5K

**Renee Phillips**

High School: 2:23 800 meters | 5:05 Mile | 11:02 2-Mile | 18:20 XC 5K

**Kathleen Kalbian**

High School: 5:18 Mile | 11:29 2-Mile

**Randy Fain**

54 years old: 2:27 800 meters | 4:48 1500 meters | 5:11 Mile | 1:29 Half-Marathon

**Kirk Allen**

51 years old: 1:28 Half-Marathon | 3:11 Marathon