

# Dr. Jason Karp Publications

## BOOKS

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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 (6<sup>th</sup> Edition).* 2020.

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

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

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