

# DR. JASON KARP



Founder & CEO, Kyniska Running

Exercise Physiologist

Creator, Revo<sub>2</sub>lution Running™ Certification

Bestselling Author

## Jason Karp, PhD, MBA



It 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 (you can take the boy out of Brooklyn, but you can't take Brooklyn out of the boy), he grew up playing baseball and

soccer and running track. It was intoxicating. The passion that Jason found as a kid for the science of athletic performance (one of his earliest questions was how baseball pitchers throw curveballs) placed him on a yellow brick road that he still follows as a coach, exercise physiologist, author, speaker, and creator of the REVO<sub>2</sub>LUTION RUNNING™ certification program for coaches and fitness professionals around the world.

Dr. Karp has given hundreds of international lectures and has been a featured speaker at the world's top fitness conferences and coaching clinics, including Asia Fitness Convention, Indonesia Fitness & Health Expo, FILEX Fitness Convention (Australia), U.S. Track & Field and Cross Country Coaches Association Convention, American College of Sports Medicine Conference, IDEA World Fitness Convention, SCW Fitness MANIA, National Strength & Conditioning Association Conference, and CanFitPro, among others. 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 winning honors as NAIA Northeast Region Coach of the Year. As a high school track and field and cross country coach, he has produced state qualifiers and All-Americans. He currently coaches a wide variety of runners.

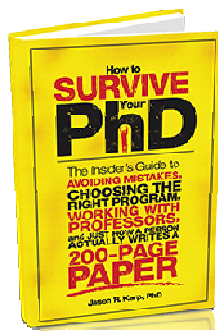
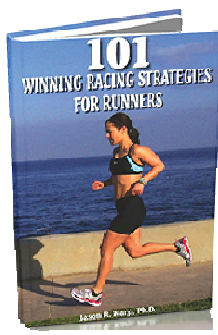
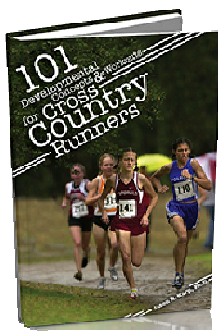
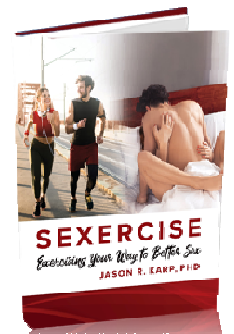
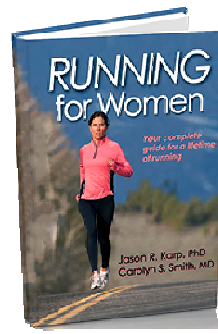
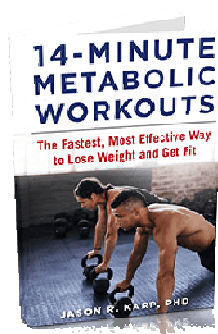
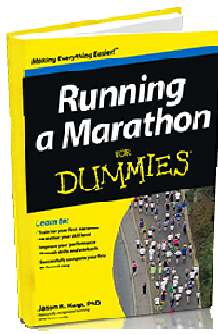
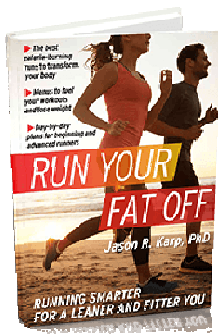
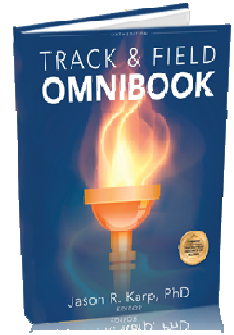
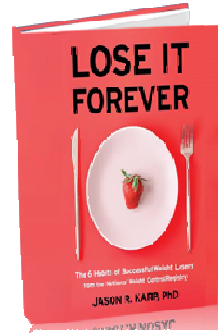
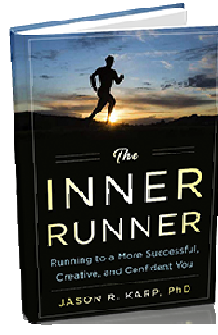
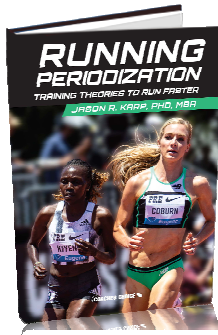
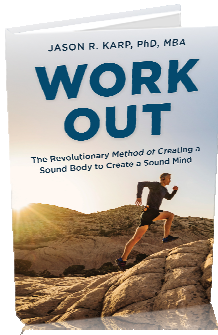
A prolific writer, Jason is the author of 12 books: *Work Out*, *Running Periodization*, *The Inner Runner*, *Running a Marathon For Dummies*, *Run Your Fat Off*, *Lose it Forever*, *Sexercise*, *14-Minute Metabolic Workouts*, *Running for Women*, *101 Winning Racing Strategies for Runners*, *101 Developmental 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, including *Track Coach*, *Techniques for Track & Field and Cross Country*, *New Studies in Athletics*, *Runner's World*, *Running Times*, *Women's Running*, *Marathon & Beyond*, *IDEA Fitness Journal*, *Oxygen*, *PTontheNet.com*, and *Shape*, among others. He also served as senior editor for Active Network and is the founder of and principal agent at JK Literary Agency.

Dr. Karp is a USA Track & Field certified coach, has been sponsored by PowerBar and Brooks, and was a member of the silver-medal winning United States masters team at the 2013 World Maccabiah Games in Israel.

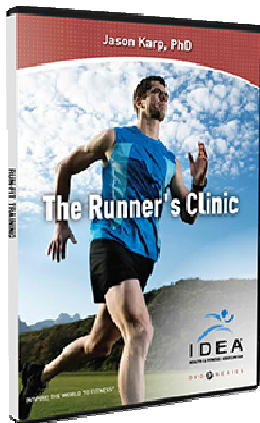
For his contributions to the industry, Jason was awarded the 2011 IDEA Personal Trainer of the Year (the fitness industry's highest award), is a two-time recipient of the President's Council on Sports, Fitness, & Nutrition Community Leadership Award (2014, 2019), and was a 2019 finalist for Personal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

Dr. Karp received his MBA at San Diego State University in 2021, his PhD in exercise physiology with a physiology minor from Indiana University in 2007, his master's degree in kinesiology from the University of Calgary in 1997, and his bachelor's degree in exercise and sport science with an English minor from Penn State University in 1995. His research has been published in several scientific journals, and he serves as a journal expert peer reviewer.

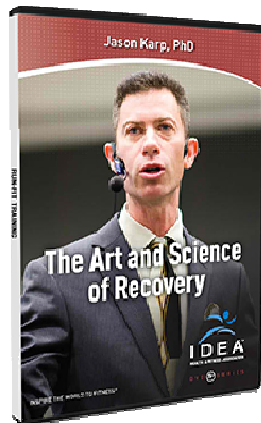
# BOOKS



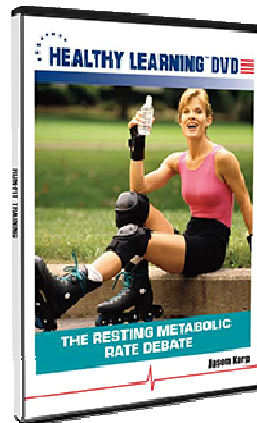
# DVDs



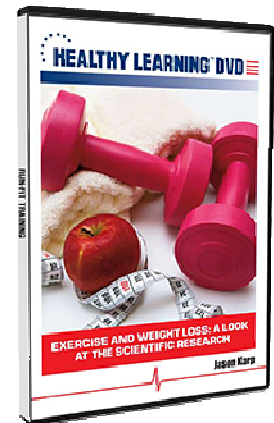
The Runner's Clinic



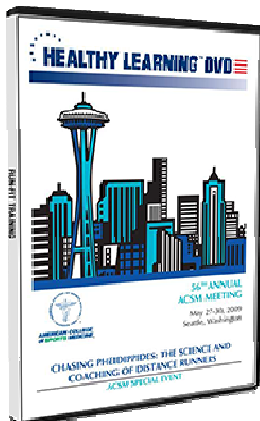
The Art and Science of Recovery



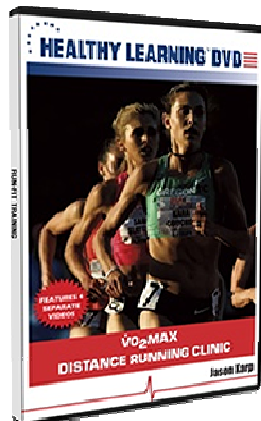
The Resting Metabolic Rate Debate



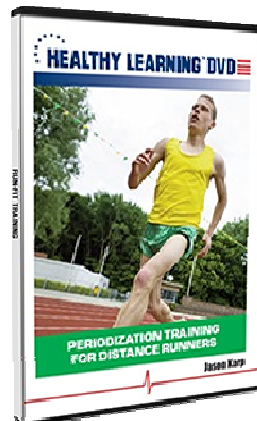
Exercise and Weight Loss: A Look at the Scientific Research



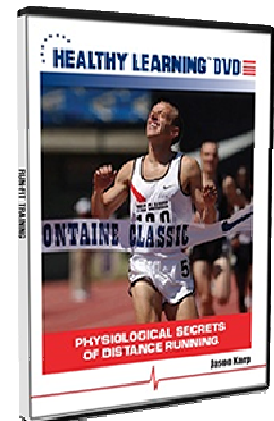
The Science and Coaching of Distance Runners



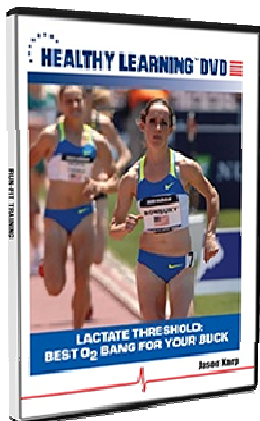
VO<sub>2</sub>max Distance Running Clinic



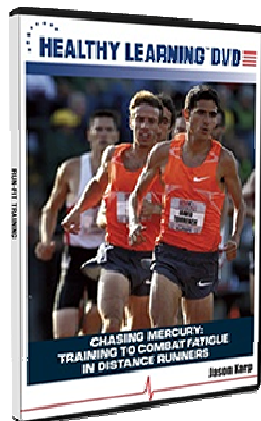
Periodization Training for Distance Runners



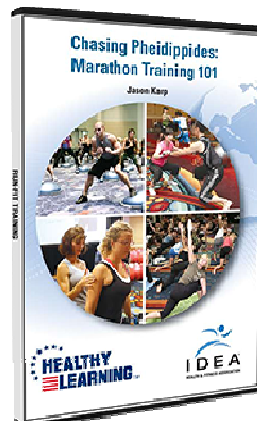
Physiological Secrets of Distance Running



Lactate Threshold: Best O<sub>2</sub> Bang for Your Buck



Training to Combat Fatigue in Distance Runners



Chasing Pheidippides: Marathon Training 101



Getting Fitter and Stronger with Periodization Training

# MEDIA PROFILES

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[\*Personal Fitness Professional\*](#), September 2019

*Everup*, March 2017

*The Platform Magazine*, March 2015

*Personal Fitness Professional*, September/October 2013

*MO.com*, May 4, 2013

*Rancho Santa Fe magazine*, April 12, 2013

*Chicago Sun-Times*, November 12, 2012

*360 Magazine*, August 2012

*Penn State Kinesiology News: News for Alumni of the Department of Kinesiology*, Fall 2011

*San Diego Magazine*, September 2011

*IDEA Fitness Journal*, July/August 2011

*IDEA Fitness Journal*, June 2011

[\*Personal Fitness Professional\*](#), January/February 2011

*IDEA Fitness Journal*, March 2009

# TELEVISION, VIDEO, PODCAST, AND RADIO

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[\*Running Explained\*](#), June 2021

[\*SteadFast Running\*](#), June 2021

[\*Self Love & Sweat\*](#), April 2021

[\*Runwithalli\*](#), December 2020

[\*Shameless Sex\*](#), June 2020

[\*Two Fit Crazyies and a Microphone Podcast\*](#), June 2020

[\*Chat and Spin Radio\*](#), June 1, 2020

[\*Runwithalli\*](#), May 2020

[\*Kinesiology Institute for Performance Specialists\*](#), April 2020

[\*The Fit Fifteen\*](#), March 2020

[\*Peak Endurance\*](#), January 2020

[\*The Fit Fifteen\*](#), December 2019

[\*C Tolle Run\*](#), November 2019

[Final Surge](#), September 2019

[Run For Your Life](#), September 2019

[Runwithalli](#), August 2019

[FITposium](#), July 2019

[Two Fit Crazyies and a Microphone Podcast](#), July 2019

[Heal Better Fast](#), December 2018

[The Fit Fifteen](#), October 2018

[The Fit Fifteen](#), October 2018

[Success Unfiltered](#), June 2018

[The Pain Cave](#), May 2018

[Mile High Endurance Podcast](#), April 2018

[Big Blend Radio](#), February 11, 2018

[Two Fit Crazyies and a Microphone Podcast](#), January 2018

[Run Eat Repeat Podcast](#), January 2018

[Run Your Fat Off](#)

[Fox5 New York](#), October 30, 2017

[Running to Lose Weight is Easy to Sabotage](#)

[Sports Mastery Podcast](#), July 2017

[The Training Differences of Runners and Sprinters](#)

[Conversation P.A.C.E.](#), Manhattan Neighborhood Network, New York, June 2017

[The High Performance Mindset](#), June 2017

[Finding Your Inner Runner with Jason Karp](#)

[KABC-TV](#), Los Angeles, CA, May 24, 2017

[Training Tips to Keep Young Runners Safe](#)

[WKNY Radio 1490](#), New York, April 26, 2017

[Run Your Fat Off](#)

[Mile High Endurance Podcast](#), April 2017

[Frankie Boyer Radio Show](#), April 3, 2017

[Run Your Fat Off](#)

[KABC-TV](#), Los Angeles, CA, March 17, 2017

[Experts Offer Tips to Make Sunday's LA Marathon a Success](#)

*Sexyfit Podcast*, March 2017

[Run Your Fat Off](#)

*Valder Beebe Show (KKVI FM (Texas))*, March 2017

[Run Your Fat Off](#)

*RadioMD*, February 2017

[Run Your Fat Off](#)

*The Sports Doctor Radio Show*, January 2017

*Achievement Consulting Podcast*, November 2016

*Octane Athletic Performance*, August 2016

[Be a Better Distance Runner](#)

*Marathon Training Academy Podcast*, June 2016

[Finding your inner runner](#)

*Runners Connect Run to the Top Podcast*, June 2016

[The Inner Runner](#)

*Marathon Runs Podcast*, June 2016

[The Inner Runner](#)

*International Association of Women Runners Teleseminar*, November 2014

[Running for women](#)

*The Conscious Runner*, October 13, 2014

[It's not hard to make time for something you want to do](#)

*NBC-7 News, San Diego, CA*, April 2, 2014

[Too much running can shorten lifespan](#)

*Mamavation TV*, December 2, 2013

[Outdoor exercise in winter](#)

*Runner Girls*, August 6, 2013

[Running for women](#)

*FOX 5 News, San Diego, CA*, June 12, 2013

[Running coach recruits for Boston Marathon](#)

*Runner Academy*, May 7, 2013

[Specific running considerations for women](#)

*San Diego 6 News*, April 22, 2013

[Running tips for beginners](#)

*UT-TV, San Diego, CA*, April 17, 2013

The Sports Page with Acee and Annie

Marathon training -- training adaptation and tempo runs

*UT-TV, San Diego, CA*, March 21, 2013

The Sports Page with Acee and Annie

Marathon training

KABC-TV, Los Angeles, CA, February 1, 2013

Preparing to run the Los Angeles Marathon

[http://abclocal.go.com/kabc/story?section=news/food\\_coach&id=8977654](http://abclocal.go.com/kabc/story?section=news/food_coach&id=8977654)

*The Marathon Show*, November 20, 2012

[Running a Marathon For Dummies](#)

*Writer's Talk, Ohio State University's Center for the Study and Teaching of Writing*, November 5, 2012

[Surviving Your PhD and writing tips](#)

*MomTalkRadio.com*, October 21, 2012

[Exercising as a busy mom](#)

*Active.com*, September 27, 2012

[How newbie runners can prepare for race day](#)

*Active.com*, September 27, 2012

[When should newbie runners increase their race distance?](#)

*Active.com*, September 26, 2012

[5 steps to proper running form](#)

*Active.com*, August 27, 2012

[3 steps to acing your 5K](#)

*UntangledFm.com*, May 16, 2012

The inner and outer runner: Looking at the technical and emotional side to running

*Active.com*, April 6, 2012

[The role of nutrition in marathon recovery](#)

*Active.com*, April 6, 2012

[Top marathon training mistakes to avoid](#)

*Active.com*, April 6, 2012

[How to achieve marathon race day success](#)

*Active.com*, April 4, 2012

[Beginner runners and the aches and pains of running](#)

KABC-TV, Los Angeles, CA, January 11, 2012

[Running smart](#)

[IDEA World Fitness Award Ceremony](#), August 2011

*Custom Fit*, May 2011

Walk off fat

KABC-TV, Los Angeles, CA, January 14, 2011

[Research sheds new light on weight training](#)

KABC-TV, Los Angeles, CA, December 27, 2010

[Tips to burn fat faster with walking program](#)

*KABC-TV, Los Angeles, CA, December 20, 2010*  
[Picking the right running shoe for you](#)

[RunCenter](#), Competitor.com, July 25, 2010

*Fox 5 KSWB News, San Diego, April 25, 2010*  
Runners in La Jolla Half-Marathon suffer heart attacks

*IntheFaceRadio.com, March 7, 2010*  
Fat burning zone

*San Diego Living, July 6, 2009*  
Benefits of slowing down your workouts

*San Diego Living, November 4, 2008*  
Running drills

*COX Radio, Louisville, KY, 2005*  
Chocolate milk as a post-workout recovery drink

# PRINT AND WEB INTERVIEWS

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*Spy.com*, March 2021  
*Everyday Health*, August 2020  
*SparkPeople*, March 2020  
*SparkPeople*, February 2020  
*SparkPeople*, December 2019  
*Myfitnesspal.com*, September 2019  
*Healthline.com*, September 2019  
*Livestrong*, August 23, 2019  
*Men's Health*, July 17, 2019  
*SparkPeople*, April 2019  
*RunnersWorld.com*, November 2018  
*SparkPeople*, June 2018  
*SparkPeople*, June 2018  
*SparkPeople*, March 2018  
*SparkPeople*, January 2018  
*ACE Fitness*, August 2017  
*Women's Running*, July 2017  
*24life.com*, June 27, 2017  
*Canadian Running*, May/June 2017  
*Women's Running*, May 2017  
*Muscle&Fitness.com*, May 2017  
*Fitbit.com*, April 2017  
*Men's Journal*, April 2017  
*Tidewaterwomen.com*, July 2016  
*Fivethirtyeight.com*, June 2016  
*RunnersWorld.com*, March 2016  
*24 Hour Fitness Blog*, February 15, 2016  
*WomensRunning.com*, November 2015  
*WomensRunning.com*, April 2015  
*Health.com*, January 2015  
*The Active Times*, January 8, 2015  
*Shape.com*, December 30, 2014  
*Shape.com*, December 28, 2014  
*The Active Times*, December 5, 2014  
*abcNews.com*, October 31, 2013  
*MensHealth.com*, June 2014  
*American Fitness*, March/April 2014  
*Health Radar*, May 2014  
*Competitor.com*, March 2014  
*Today.com*, December 27, 2013  
*Shape.com*, December 26, 2013  
*The Training Edge*, Winter 2014  
*Active.com*, November 2013  
*abcNews.com*, October 31, 2013  
*Chicago Tribune*, October 23, 2013

*Runner's World*, October 2013  
*Chatelaine*, September 24, 2013  
*Huffington Post*, June 5, 2013  
*Outside*, May 15, 2013  
*Competitor.com*, May 7, 2013  
*Woman's Day*, May 2013  
*DiscoveryNews.com*, April 14, 2013  
*RealAge.com*, April 2013  
*RealAge.com*, April 2013  
*Mywell-being.com*, March 2013  
*Natural Awakenings*, March 2013  
*Shape.com*, February 28, 2013  
*Quad Cities online*, February 18, 2013  
*Marathon & Beyond*, March/April 2013  
*Running Times*, January/February 2013  
*Runner's World*, January 2013  
*Better Homes & Gardens*, January 2013  
*NewBeauty.com*, December 26, 2012  
*Innovation for Endurance*, December 21, 2012  
*Coca-ColaCompany.com*, December 12, 2012  
*Women's Health*, November 14, 2012  
*Shape.com*, October 2012  
*YouBeauty.com*, October 1, 2012  
*RunnersWeb.com*, September 19, 2012  
*Babysteppers.mommayoungathome.com*, Sept. 19, 2012  
*EdmontonSun.com*, September 7, 2012  
*Shape.com*, August 2012  
*Connected World*, June 2012  
*NBC San Diego*, June 4, 2012  
*Run.com*, May 1, 2012  
*Run.com*, May 1, 2012  
*Runner's World*, April 2012  
*Women's Running*, March/April 2012  
*Competitor*, February 2012  
*Men's Journal*, February 2012  
*SELF*, January 2012  
*Chicago Tribune*, November 17, 2011  
*Naperville Sun*, November 1, 2011  
*Competitor.com*, September 14, 2011  
*Los Angeles Times*, September 1, 2011  
*IDEA Fitness Journal*, July/August 2011  
*Oxygen*, July 2011  
*Runner's World*, April 2011  
*Women's Health*, April 2011  
*Women's Health*, March 2011  
*RunningTimes.com*, January 2011  
*Indiana Alumni Magazine*, September/October 2010  
*Bloom*, Fall 2010  
*Men's Journal*, August 2010

*Fitness*, July/August 2010  
*Oxygen*, May 2010  
*Runner's World*, April 2010  
*IDEA Fitness Journal*, February 2010  
*Experience Life*, April 2010  
*Outside*, March 2010  
*Arkansas Democrat Gazette*, January 4, 2010  
*SoBeFit*, January/February 2010  
*Marathon & Beyond*, November/December 2009  
*Trail Runner*, November 2009  
*Fitness*, October 2009  
*IDEA Fitness Journal*, September 2009  
*Fitness*, April 2009  
*IDEA Fitness Journal*, March 2009  
*Men's Health*, March 2009  
*Runner's World*, February 2009  
*Runner's World*, January 2009  
*The Sacramento Bee*, November 23, 2008  
*Men's Fitness*, February 2008  
*Fitness*, February 2008  
*Oxygen*, October 2007  
*Albuquerque Journal*, October 21, 2007  
*Runner's World*, June 2007  
*Marie Claire*, May 2007  
*Bloom*, April/May 2007  
*Oxygen*, April 2007  
*Shape*, November 2006  
*Men's Health*, September 2006  
*Fitness*, July 2006  
*Writer's Digest*, June 2006  
*Runner's World*, September 2006  
*Runner's World*, May 2006  
*Energy*, July/August 2002

# ENDURANCE



SPORTS & FITNESS

JANUARY 2019

**Tricks of the Trail**

**Cycling Best Practices - Prevent Hot Foot**

**Dr. Jason Karp: Running is My Life!**

**ALSO in this issue:**

- Alix Shutello will join Project Athena's Rim to Rim Challenge**
- Coco Collins on What Makes a Runner**
- Coaches Corner - Getting Over "Ugly"**
- Books by Dr. Jason Karp**

# Dr. Jason Karp: A Lifetime of Running and Happiness

Story By Alix Shutello  
Photos by Dr. Jason Karp

Dr. Jason Karp is a renowned exercise physiologist and life-long runner and athlete. Through a lifetime of learning, he's parlayed his athletic experiences not only into a career, but his passion for running, fitness, and the enjoyment of sport keeps him content and motivated to stay fit and to enjoy what running is – a way a life.

Dr. Jason Karp started running when he was 11. By the time he reached middle school, he started competing in track meets. In high school, he was the lead runner for his cross-country team. Thirty-five years later, he's competed in so many races he says, "it's too many to list or remember."

Like most athletes, there is always that learning moment, one which often changes a runner's strategy for years to come. That experience came in his high school career as the number 1 runner on his high school cross country team in New Jersey.

"When I was in high school, I ran a cross country race where I was leading a pack of runners from another school who were right off my shoulder. I was feeling very confident, like I was dictating the pace. With about half a mile to go, we turned onto a different section of the course and the entire pack of runners went by me as if I were standing still. By the time I realized what happened, it was too late for me to respond. They were too far ahead of me for me to catch them before the finish line. After the race, the coach of the other team came over to me and told me that was their plan all along—they knew I was the best runner on the other team and they had singled me out before the race as they watched me warm up. They had planned for me to set the pace and do the work for most of the race and then make their move at a predetermined point and going by me all at once. I fell for it. I was disappointed that I didn't win the race after leading it for so long, but I was even more disappointed that I let myself be duped. Their strategy worked because I didn't see it coming. If there's one race

in my career that I wish I could run over again, that race is it," Dr. Karp said. After college, Dr. Karp wanted to start coaching. He started his coaching career as one of the youngest college head coaches in the country. At age 24, he led the Georgian Court University women's cross-country team to the regional championship and winning honors as

NAIA Northeast Region Coach of the Year. Later, as a high school track and field and cross-country coach, he trained and produced some top athletes who went on to become state qualifiers and All-Americans. He did so while continuing to run and compete himself in distances from the mile to the half marathon. Dr. Karp went back to school to earn



## I HAVE ALWAYS WANTED TO CREATE AND COACH MY OWN ELITE TEAM WITH RUNNERS WHO COULD ACHIEVE SUCCESS ON A NATIONAL LEVEL AND QUALIFY FOR THE U.S. OLYMPIC TRIALS

a PhD in Exercise Physiology in 2007. For the next six years (2007-2013), he

coached privately, was a personal trainer, and wrote articles and books. In 2012, Dr. Karp inquired about being a coach of the U.S. team for the 2013 Maccabiah Games in Israel and ended up representing the U.S. in the masters division for the half marathon instead.

"I didn't know it was possible to compete in the Maccabiah Games as a masters (over 40 years old) runner. While speaking to the team organizers, we started talking about my own running background and they were looking for masters runners," Dr. Karp explained. "I ended up being offered the opportunity to compete myself as an athlete!"

In 2014, Dr. Karp launched the REVO2LUTION RUNNING certification program for coaches and fitness professionals, which is also available to runners. "I started the certification program to fill the hole in the fitness industry since running is the most

popular and effective exercise, and treadmills are the most-used piece of equipment in gyms," he said.

Dr. Karp's interest in elite sport has always been at the center of what he does, which led him to found REVO2LUTION RUNNING ELITE in 2017, an elite developmental team with runners from around the U.S. "I have always wanted to create and coach my own elite team with runners who could achieve success on a national level and qualify for the U.S. Olympic Trials," Dr. Karp said.

The name is derived from Dr. Karp's certification program, which is based on the three physiological factors that determine running fitness and performance:

- Running Economy
- VO2max
- Lactate Threshold

As a nationally recognized running and fitness coach, Dr. Karp has given hun-

dreds of international lectures and has been a featured speaker at most of the world's top fitness conferences and coaching clinics. He currently runs and competes at the top of his class and enjoys every minute of it. Dr. Karp brings his expertise in science-based coaching to runners of all levels. He's written 7 books on running, fitness, and exercise physiology and one book for graduate students on how to navigate and survive the PhD degree. His top 3 pieces of advice for runners:

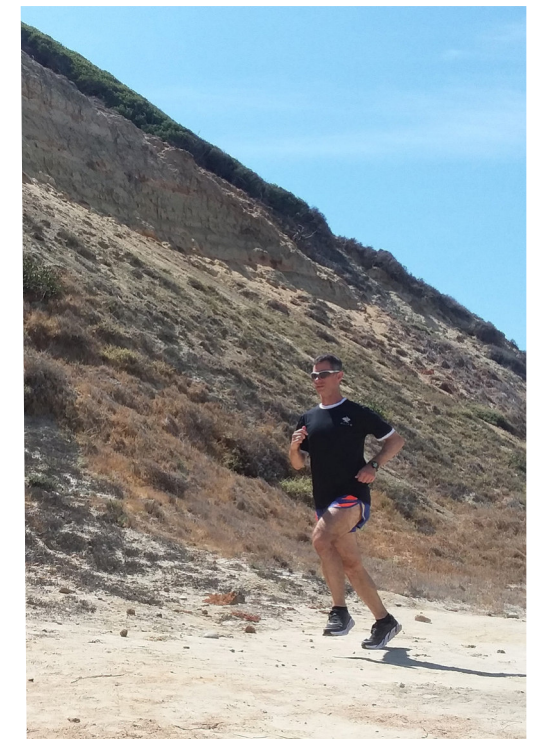
1. Understand the purpose of each workout and design your workouts to meet the purpose.
2. Hire a professional coach who can help you achieve what you want.
3. Use running to learn how to deal with discomfort and narrow the gap between who you are and who you want to be.

To learn more about Dr. Karp visit <https://run-fit.com> and about his certification program at <https://revo2lutionrunning.com>

Dr. Karp is also a contributor to Endurance Sports & Fitness Magazine. Visit: <https://www.endurancesportsandfitness.com/article/running-around-the-menstrual-cycle/>

Dr. Karp received his PhD in exercise physiology with a physiology minor from Indiana University in 2007, his master's degree in kinesiology from the University of Calgary in 1997, and his bachelor's degree in exercise and sport science with an English minor from Penn State University in 1995. He has also been an instructor for USA Track & Field's level 3 coaching certification and for coaching camps at the U.S. Olympic Training Center. His research has been published in the scientific journals *Medicine & Science in Sports & Exercise*, *International Journal of Sport Nutrition and Exercise Metabolism*, and *International Journal of Sports Physiology and Performance*.

See page 14 for books by Dr. Karp



**SEPTEMBER**

Trainer of the Month  
**Jason Karp**



## Jason Karp, PhD

2011 IDEA PERSONAL TRAINER OF THE YEAR



For Jason Karp, PhD, running is more than just a form of exercise. "Running allows me to be the person I want to be," he explains. "It allows me to influence others. It allows me to be better in every area of my life. While others see exercise as something they have to do, I see running as who I am."

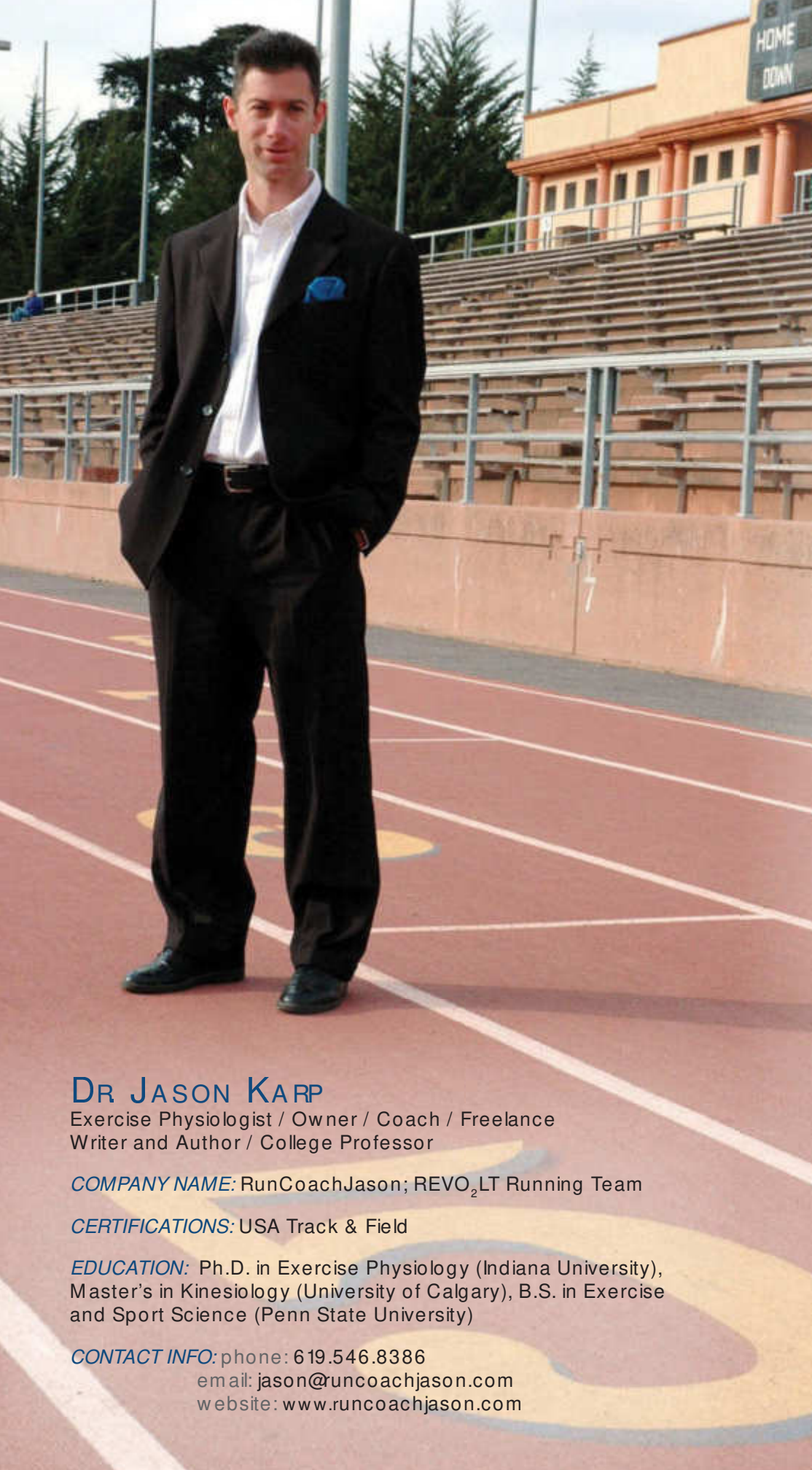
Karp spends his life helping people improve their running skills. As founder and trainer at RunCoachJason.com, he works one-on-one with clients. He is also the founder and instructor of Dr. Karp's Run-Fit Boot Camp and founder and trainer of REVO<sub>2</sub>LT Running Team™. He has taught USA Track & Field's highest-level coaching certification. >>>

Karp's mission is to move the fitness industry forward by helping to make positive changes to educational standards and by creating relationships between fitness pros and physicians and between fitness organizations and medical/health organizations. "Part of this mission is to get exercise physiology to be a required course in medical school. Then future physicians will have a background in exercise physiology and can begin the process of prescribing exercise for their patients and referring patients to fitness professionals," he explains.

When Karp completed his PhD, he realized he had a responsibility. "People expect something better from me because of those three letters," he says. "I strive to live up to what it means to be called 'Doctor.' Everything I do includes a high degree of professionalism and passion, a devotion to science and a keen interest in wanting to help my clients succeed."

For fitness professionals who want to train runners, Karp offers these suggestions: "Understand what your client wants to accomplish and then take the time to learn about the sport," he says. "Read the books of notable coaches. Understand how to train most effectively. Don't think that just because you've run a dozen marathons, you know how to help clients run. Get on the inside of the sport. There is a big disconnect between the competitive side of the sport—high school, college and elite running—and the fitness industry. If you've never been a part of the competitive running scene, find a good coach who can mentor you."

Just as Karp is passionate about running, he is also passionate about spreading the word that everyone can benefit from a personal trainer. "I want people to see that trainers offer the same level of service as other educated professionals," he says. "Everywhere I go, I overhear people talking about losing weight, getting fitter or running a marathon. When I tell them what I do, they are interested because I don't think they know this kind of help is available. They tend to think trainers are only for the elite. Simply talking to people and describing how I can help them raises awareness of the personal training industry among the general public."



# JOURNEY *to* success

## DR JASON KARP

Exercise Physiologist / Owner / Coach / Freelance  
Writer and Author / College Professor

*COMPANY NAME:* RunCoachJason; REVO<sub>2</sub>LT Running Team

*CERTIFICATIONS:* USA Track & Field

*EDUCATION:* Ph.D. in Exercise Physiology (Indiana University),  
Master's in Kinesiology (University of Calgary), B.S. in Exercise  
and Sport Science (Penn State University)

*CONTACT INFO:* phone: 619.546.8386  
email: [jason@runcoachjason.com](mailto:jason@runcoachjason.com)  
website: [www.runcoachjason.com](http://www.runcoachjason.com)

When a client wants to train for a marathon, running coach and trainer Dr. Jason Karp isn't quick to begin stacking on the miles. Instead, he works with the client to lay a proper foundation of form and technique, which he believes is the most critical component to injury-free and successful running.

"Running is a special thing," says Dr. Karp. "Like any other sport, there is a specific way to train for it. I hate when people don't take it seriously. When training for a marathon, you have to respect the distance."

But that's what makes Dr. Karp different than the Johnny-come-lately running coaches that crowd the Internet. He has laid a solid foundation in his career to give him the education, the experience and the credentials to make someone a great (or at least healthy) runner.

And he "respects the distance" of long-term career success. He didn't try to shortcut the journey with overnight certifications and get-rich-quick ideas. Instead, he took the old-fashioned route—education.

Karp became fascinated with human motion after running his first middle school track meet. The idea of running faster than the boy in the next lane excited him, and figuring out how to do it was intriguing. He envisioned himself a coach one day, helping others run as fast as they could.

As a high school runner in New Jersey, Karp happened upon a TV program that examined the issue of why black athletes seem to be better than white athletes. There was a scientist on the show who ran a biomechanics lab in California. Struck by her son's deep interest in athletic performance, Karp's mom prompted him to call that scientist.

Karp did. He asked the scientist where he should go to college, to which the scientist replied Penn

## What's Your Favorite...

... workout equipment? Running shoes and a track or the open road

... healthy snack? Chocolate

... quote or saying? "The main thing is to keep the main thing the main thing."

State, which is well known for biomechanics.

Karp followed the scientist's advice and headed off to Penn State, working in the biomechanics lab while he was in school. His senior year, Karp, along with some grad students and professors, went to the American Society of Biomechanics conference. At the banquet, he saw that same scientist from the TV show years earlier and introduced himself.

Karp said to him, "You probably don't remember me, but when I was in high school, I called you after seeing you on TV and asked you where I should go to college. I followed your advice and went to Penn State. Now I'm preparing to go to graduate school. Where do you recommend?"

The scientist immediately responded that he should stay at Penn State or go to the University of Calgary. Karp soon made a visit to Calgary, and after seeing the human performance lab and Olympic Training Center there (Calgary was the site of the 1988 Winter Olympics), Karp was convinced that Calgary was his next step.

He completed his master's degree at Calgary and took a job as head coach for a college cross country team in New Jersey. After a year there, he moved to San Francisco with his twin brother and coached track and cross country at a couple of high schools while teaching classes in the fitness certificate program at UC-Berkeley and working as a personal trainer.

Eventually Karp decided to round out his education with a Ph.D. from Indiana University, where he also began coaching runners privately. His clientele began to build when he received an email from a local running club. He replied, saying that he was looking for runners to coach. One woman, a recreational runner who wanted to take the sport to a higher level, responded to Karp's email. She was a 3:13 marathon runner who, with Karp's help, shaved her time to 2:48 and qualified for the Olympic Trials.

Dr. Karp's private training roster continued to grow, both in-person and through distant-coaching. His Ph.D. is in exercise physiology and his depth of experience working on the biomechanics of running appealed to many, like the father of a talented high school runner named Sean.

Sean's dad found Dr. Karp on the Internet but called and interviewed him at length. He was looking for someone to coach his son who had a Ph.D. and could help his son reach elite potential.

Dr. Karp has coached Sean, who is now a senior, over the phone and via email from the time he was

a freshman. Sean currently runs a 15:20 5k and is one of the best in the country for his age.

Privately training running clients has evolved into Dr. Karp's own full-fledged running team, based in San Diego, where Dr. Karp currently resides. Called REVO LT Running Team (an acronym for the three physiological determinants of running performance — Running Economy, VO max, and Lactate threshold). The team is a combination of members who were invited to join as well as those who joined on their own. Each member has an individual goal — like training for his/her first 10k or marathon. Members also participate in club events, all of which are sanctioned by USA Track & Field.

Dr. Karp says that each team member, whether he or she is training with him in San Diego or from a distance, gets a team uniform. He hopes to build REVO LT Running Team into something big enough to attract a sponsor.

When he's not coaching runners or training fitness clients (he still has a few of those), Dr. Karp is an avid freelance writer. In fact, writing is an integral piece to his business plan. Many of the articles he publishes in trade or consumer magazines reel in clients and boost his credibility.

His writing career began as organically as his running and coaching career. After minoring in English, Karp was working as a personal trainer in a gym when he began thumbing through the pages of a fitness magazine on the desk in the trainers' room. After reading several articles and the author bios, he thought to himself, "Not only can I do this, I can do this better."

Karp began writing for trade magazines and then branched out into the national consumer market and international track and field coaching journals. While working on his Ph.D., he also wrote his first book, *How to Survive Your Ph.D.* His second book, *101 Developmental Concepts & Workouts for Cross Country Runners* was written at the request of a publisher. He is currently working on his third book, *Women's Running Bible*, which will be published by Human Kinetics in 2012.

By combining his writing skills with his passion for running and his fascination with exercise science, Dr. Karp has lived up to his number one principle: be true to yourself. He has crafted a successful career, based on the solid foundation of education, that allows him to work for himself and pursue his own ideas.

Not unlike a marathon, Dr. Karp's career has been the long-term culmination of hard work, dedication, and preparation. Perhaps now Dr. Karp can look back on his successful journey and he too can "respect the distance" he's come. ■



## THE MESSAGE

Website: [www.themessage.com](http://www.themessage.com) | Twitter: @jasonkarp | Facebook: jasonkarp | YouTube: jasonkarp

Dr. Jason Karp is a leading authority for success and has inspired a community of followers that is captivated by his knowledge. Here, a few Jason shares his message.

**1.** My ideal client is a woman or woman-to-be who is not when committed to challenging herself or herself and finding out what he or she is capable of. I love working with people who are willing to do what ever it takes to be successful.

**2.** My message is to use training as a way to challenge and mental things to yourself, find out who you really are, and become the person you want to be. Training, especially training for a loved one, is very important. But this world is full of some real mean people, tough workouts and when it's uncomfortable, you'll be faced with a question about what to do: do you pull back on the theme to allow the discomfort, or do you push through it to find out what is on the other side?

**3.** If I had only one way to share my message, I would be in front of as many women as possible. I love me in person interaction, whether it's during a lecture at a conference or out on the road during a workout.

**4.** Successful messaging is focused, intentional, it's personal, influential and moving you to your best. Please try to be something you're not and never try to be something to everyone.

**5.** Please follow me because I'm positive and encouraging and may know they'll learn things from me that they can't or won't learn from other sources.

DR. JASON

KARP



## Running Toward Success

Jason Karp's winning attitude helps him and his clients achieve the gold standard.

**Subject:** Jason Karp, PhD  
**Company:** RunCoachJason.com  
**Location:** San Diego, California

**Starting Blocks.** From a very early age, Jason Karp, PhD, owner of RunCoach Jason.com and IDEA author and presenter, knew that his future would involve running—and lots of it. He got his first taste of running while participating in a track meet in middle school, where the seeds of a career were planted. “There was something exciting about running faster than the guy in the lane next to me; something intriguing about how to do it.”

Unaware that this interest would later become his bread and butter, Karp began to invest his extra time in learning more about the sport and the mechanics behind it. “While I didn’t know at the time exactly what form my career would take, I knew that one of the things I wanted to do was coach,” he recalls. “So I took the steps necessary to become as educated as I could in the field of exercise science.”

**Training Regimen.** Karp quickly realized that the higher his education went, the more respect he could gain from colleagues and clients alike. He enrolled in

a master’s program “at a school where [he] could rub elbows with the best.” The plan worked, as his graduate degree afforded him the opportunity to take a job as a college cross-country head coach—one of the youngest in the country.

Not yet satisfied with his educational pursuits, Karp returned to school to obtain a doctorate degree. He also began privately coaching a runner he met through a running group. “While coaching this runner—who qualified for the U.S. Olympic marathon trials—I decided this was the route I wanted to go,” says Karp. “I created a website, drafted a contract and started a coaching business.”

**Facing Hurdles.** Despite his education and perseverance, Karp has experienced his share of difficulties. “Like anyone who [is self-employed], the biggest challenge I’ve faced has been attracting clients,” he concedes. “It takes time to establish a reputation and to get other people to know who you are and the value of your services.”

One of the greatest lessons he’s learned is that patience is key to success. “It takes 10 years to make an overnight success,” he jokes. And it is his experience as both a runner and a coach that has led him to the realization that the level of success desired is often dependent on the amount of work put into achieving it. “I have learned from being a runner and a coach that to run fast, you first have to spend a lot of time running slow. Running your own business is like that, too.” Just as in training for a marathon, Karp recognizes the importance of pushing past boundaries to

spread the word about his business. “In addition to distributing brochures and fliers at [races], I host a series of free running clinics in the local park. I also offer free talks to running groups and host the VO<sub>2</sub>max Distance Running Clinic for runners and coaches, as well as the San Diego Personal Training Summit for personal trainers and fitness professionals.”

**Winning the Gold.** At the end of the day, Karp knows that challenges often reap grand rewards, and he has found that inspiration abounds when working with clients. “I try to get them to make exercise a part of who they are, rather than something they do. I challenge them to be something better than they currently are. When I say these things to them, it inspires me to be or do what I’m telling my clients to be or do.” It is this emphasis on challenge that creates great athletes, he adds.

Without challenge, Karp finds, people will always seek the path of least resistance, a path that condones a second-place attitude, as opposed to the mindset of a gold medalist. “In a society where we often reward mediocrity, where everyone is a winner, people respond to the standards we set. If we set them low, people don’t achieve much. People can achieve more than they think, but they need to be challenged to do so.” ■

*Ryan Halvorson is the associate editor for IDEA and a certified personal trainer at the Wave House Athletic Club in San Diego.*

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### Calling All Trainers

Do you own a business that breaks the mold? If so, e-mail rhalvorson@ideafit.com and let us know why you think your personal training business is unique.

## What people are saying about Dr. Jason Karp...

### Coaching:

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“Very rare is it that you find someone with so much knowledge and passion rolled into one. Coach Karp has been working with me for 3 years and with his guidance I have achieved success beyond my wildest expectations: two-time all stater, New Haven County cross country MVP, and Nike All-American are just a few of the accomplishments I have experienced with Coach Karp. There are so many great things that I could say about coach, the one that comes to my mind a lot is trust. Early on as a runner, I was always second guessing myself if I was doing the right workout at the right time at the right pace. With Coach Karp at the helm, there is no more second guessing and I can concentrate on what I do best and that is run.”

**Sean Mueller**

**High School All-American**

“Dr. Karp is the best bargain I’ve ever seen!”

**Ron Mueller**

**Father of Sean Mueller**

“Jason’s expertise in coaching distance runners is excellent. He always conducts himself in a professional manner. He is punctual, reliable, and responsible and serves as an exemplary role model. In my experience, I have found him to be extremely enthusiastic about life with an upbeat and encouraging approach as he demonstrates sensitivity and a singular rapport with everyone. He most definitely practices what he preaches. Jason has worked hard and it is seldom that one finds an individual who embodies high ideals, integrity, and mature judgment as exemplified by Jason. ”

**Paul Greer**

**San Diego Track Club Coach and Olympic Trials Qualifier**

“You are an amazing talent and have combined it with your easy wit and brilliance in coaching!”

**Teri Weiher**

**Former Director of Content and Marketing, PTontheNET.com**

“Thank you so much for your coaching. It’s a pleasure and an honor to know you and have you in my life. Thank you for who you are and the difference you make in my life and the lives of those you coach.”

**Emily Jennings**

“I just wanted to acknowledge how much I enjoyed attending your sessions at the FitnessFest Conference in Scottsdale. Even though I worked my glutes off during your Run-Fit Boot Camp, I thoroughly enjoyed working with you. You are an excellent presenter and coach and have a great sense of humor as well.”

**Rachel Saunders**

**FitnessFest Conference Attendee**

“We need folks like you helping to raise this new generation of great American distance runners.”

**Roy Benson**

**Atlanta Track Club coach and *Running Times* writer**

“I wanted to send a letter of sincere thanks for all you have done to elevate my running to this level. I have enjoyed the small amount of time we have worked together and look forward to the many more years ahead.”

**Benjamin Gailey**

**2:24 marathoner and 2012 Olympic Trials hopeful**

“I just want to say thank you for being my coach for the last year and a half. I’ve learned a lot from you, and I’m glad I got the chance to be coached by such a distinguished and great person. Thanks for everything you’ve done for me.”

**Genevieve Quinn**

“In my opinion, a coach needs to tailor his workouts to the athlete constantly. Jason is very good at adjusting workouts.”

**Jon Little**

**2008 U.S. Olympic Marathon Trials Qualifier**

“You’re a great coach, Jason, and I really appreciate all your advice and guidance.”

**Sam Corbett**

“His patience and detail as a coach has transformed my running. As a runner for 10+ years, I feel my strongest that I have felt. Jason Karp is knowledgeable, precise, and his pursuit and passion for the sport comes through in his coaching, whether he is there on the track with you or hundreds of miles away.”

**Annamarie Murphy**

**Personal Trainer, USATF Certified Coach, and Member of Impala Racing Team**

“He talks about running the way most people talk about money or sex. It’s definitely his biggest love. He applies the same stubbornness [he has] to his athletes and he expects the same stubbornness from them. He expects that when he takes on an athlete, that the running will come first and everything else will take a back seat. That is why he is a successful coach.”

**Jack Karp**

“Thank you so much for coaching us and for sharing all your great advice. It’s been such an amazing opportunity to get to have our own coach and really prepared me for the Boston Marathon.”

**Jessica Bledsoe**

#### **Speaking/Teaching:**

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“Although I have been coaching distance runners for 26 years, been through USA Track & Field Level I and II certifications, and attended countless other clinics, your three hours of presentation that I attended were the most thorough and linear I have ever heard it presented. I truly have enjoyed and utilized your notes to improve my training program.”

**Gary Millard**

**Northwest Track Coaches Clinic Attendee**

“Thank you for sharing your vast amount of knowledge with us. You are a brilliant presenter! You have impacted my training and I see my work with a whole new vision.”

**Paula VandenHeuvel**

**FitnessFest Conference Attendee**

“What a wonderful and powerful speaker you are. You have the beautiful, rare combination of intelligent, useful information to share, warmth, humor and a genuineness that makes you very special.”

**Dayle Van Lom**

**IDEA World Fitness Convention Attendee**

“For ‘a man of science,’ he was able to communicate excellently – blew us all away with his clarity and with his research and opinions on altitude training and correct lactate info. His bio is impressive. He’s a class act and would be a good pull as a speaker. He even wore a suit with a tie and matching pocket handkerchief! He is the first American I have heard who actually has information right and is not screwing up all methodologies.”

**Priscilla Welch**

**6<sup>th</sup> Place, 1984 Olympic Marathon**

“I thought your presentation was the best at the conference. It was a very good balance of science, research, and practical application. In addition, your teaching and presentation skills are excellent. I look forward to another conference where you are presenting.”

**Elaine Harshman**

**NSCA Personal Trainers Conference Attendee**

“Your lecture was above and beyond enlightening. Never have I had the truth about dietary habits tied in with training put so distilled and succinctly to me before.”

**Tim Davis**

**SCW Fitness MANIA Attendee**

“You have a really unique and informative way to make your presentations fun, funny, and informative.”

**Jordan Sneva**

**Northwest Track Coaches Clinic Attendee**

“Thank you for such a great class. Your style and method of teaching really helped for a great learning environment. I don’t know many people who can talk for four hours and continue to keep the attention of a class week after week. You definitely have a knack for making learning fun, connecting with your audience, and are very knowledgeable and passionate about your subject matter. I know I will remember the teacher who was able to vacillate between being a professor and friend to all of us. Thanks for such a great class and passing your knowledge onto us.”

**Deborah McDevitt**

**Miramar College**

“Just want to thank you for an awesome semester in Exercise Physiology at Miramar College. Talking with other students, we thought you were one of the best professors in the Fitness Specialist Program.”

**Mark Sun**

**Miramar College**

“I wanted to tell you in person how much I enjoyed your class, but I got all teary-eyed in class, and was afraid I’d get all emotional... You were a very inspiring teacher and class will never be the same without you. Your talks about life and searching for answers, about looking at things from a different perspective, and using exercise as a way to rejuvenate ourselves really hit home.”

**Peggy Maloney**

**Monmouth University**

“You were an inspiration to me. Before I began this class, I hated to walk down the street, but now I feel the need to move and be physical. Thank you for this.”

**Colleen Hogan**

**Monmouth University**

“It is not often that one comes across an individual who captures an audience from his very first word. When I first heard Jason Karp speak, I was impressed by his ability to do just that. He has an exceptional gift of comprehending and synthesizing an enormous amount of material and then being able to teach it to others at their level so they can understand and apply the information.”

**Lisa Kilpatrick**

**U.S. Track Coaches Association Convention Attendee**

**Writing:**

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“It’s always a pleasure working with you. You have a knack of explaining complex issues clearly and interestingly. ‘Knack’ is probably too small-time a word, when I’m referring to a talent that takes intellect, orderly thinking, and the ability to express oneself.”

**Ed Fox**

**Editor in Chief, *Track Coach* magazine**

“Your article in this month’s *Running Times* [Oct. 2005] was the best discussion of weight training for distance runners I’ve ever read.”

**Roy Benson**

**Atlanta Track Club coach and *Running Times* writer**

“You’re a brilliant writer and have the gift to express even complex concepts in a very easy way. I grasped the deeper meaning of your explanation.”

**Eleonora Serra**

**Run-Fit.com Blog Subscriber & Reader of *Secrets of Running Injury Prevention***

“I loved the article in the latest issue of *Track Coach—My Love Affair With Lactate*. I found it very informative, and very realistically amusing. It is easily the best I have read on a most misunderstood aspect of sport science.”

**Wilf Paish**

**Former Coach, Great Britain Olympic Track & Field Team**

“Thank you for all that you are doing to improve the sport of distance running. Your continuing articles in *Runner’s World* are a great asset and inspiration to your fellow runners and coaches.”

**Dave Bartholomew**

**Cross Country Coach, Deer Valley High school, Antioch, CA**

“I really enjoyed your article in *Idea Fitness Journal* [Oct. 2008]. You have an amazing ability to simplify the most complex explanations.”

**Stefan Andermann**

## Dr. Jason Karp Conference/Clinic Presentations

Event	Title	Location	Date
CanFitPro FITPRO 2021	Pandemic Programming: Creating Virtual Running Programs to Drive Revenue During COVID-19	Online	April 2021
American College of Sports Medicine Southwest Chapter Conference	Habits of Successful Weight Losers	Online	October 2020
SUCCEED! Association of Fitness Studios	Pandemic Programming: Creating a Virtual Running Program to Drive Revenue During COVID-19	Online	October 2020
FitnessFest	Riches are in the Niches Busting Through Training Plateaus	Online	September 2020
Wisconsin Track Coaches Association Clinic	The 3 Physiological Players of Distance Running Understanding Interval Training Run Strong Like a Woman Considerations in Coaching Female Athletes The Art and Science of Recovery Running Myths, Misconceptions, & Misinformation	Madison, WI	February 2020
CanFitPro Conference	Fitness Myths, Misconceptions, and Misinformation Exercise and Weight Loss: A Review of the Scientific Research Periodization: The Golden Formula of Training Stress and Recovery	Toronto, Canada	August 2019
New York Road Runner's Book Club	The Inner Runner: Running to a More Successful, Creative, and Confident You	New York, NY	July 2019
National Strength & Conditioning Association Conference	Your Brain on Exercise: Running to a More Successful, Creative, and Confident You	Washington, DC	July 2019

Indonesia Fitness & Health Expo (GOIFEX)	80/20: Nutrition vs. Exercise Book Writing Master Class See Jane & John Run: Offering Running Programs in Clubs The Inner Runner Dr. Karp's Run-Fit Boot Camp Top 7 Lessons for Coaching Runners Secrets of Running Injury Prevention Periodization: The Golden Formula of Training Stress and Recovery	Jakarta, Indonesia	February 2019
Ohio Association of Track and Cross Country Coaches Clinic	The Art and Science of Recovery The 3 Physiological Players of Distance Running: VO <sub>2</sub> max, Acidosis (Lactate) Threshold, & Running Economy Understanding Interval Training Running Myths, Misconceptions, & Misinformation Secrets of Preventing Running Injuries	Columbus, OH	January 2019
TheFitExpo	Weight Loss Myth Busters	Anaheim, CA	August 2018
29029 Endurance Hiking Challenge	Nutrition and Hydration for Endurance	Huntsville, UT	August 2018
World Spinning & Sports Conditioning Conference	See Jane & John Run: Starting a Running Program in Your Club The Fat Burning Zone: Fact or Fiction? Running a Marathon For Dummies Training Females: What's up with Estrogen The Inner Runner	Miami, FL	June 2018
FitnessFest	Weight Loss Myth Busters The Art and Science of Recovery The Inner Runner Understanding Interval Training	Mesa, AZ	April 2018
actiFIT Asia	Running for Weight Loss Running a Marathon For Dummies The Inner Runner	Singapore	April 2018
New England Track & Field Coaches Association Clinic	The Art and Science of Recovery Understanding Interval Training Fatigue in the Distance Events Training Female Athletes (Panel)	Framingham, MA	March 2018
BAM Fitness Conference	Dr. Karp's Run-Fit Boot Camp Tabata Training: Finding Your Inner Sprinter	Chico, CA	February 2018

TheFitExpo	Weight Loss Myth Busters The Fat Burning Zone	Los Angeles, CA	January 2018
Iowa Track and Field Coaches Clinic	Lactate Threshold Training Understanding Interval Training Periodization of Training	Ames, IA	December 2017
CanFitPro Vancouver Fitness Expo	Understanding Interval Training How to be a Better Runner in 4 Easy Steps Top 7 Lessons for Coaching Runners The Inner Runner Secrets of Running Injury Prevention	Vancouver, Canada	October 2017
Club Industry Conference	14-Minute Metabolic Workouts See Jane & John Run: Starting a Running Program in Your Club	Chicago, IL	October 2017
FitnessFest	Exercise & Weight Loss: A Review of the Scientific Research Secrets of Running Injury Prevention Dr. Karp's Run-Fit Boot Camp Morning Run with Coach Jason	Mesa, AZ	April 2017
Viceroy's Way to Wellness	Fitness Myths Morning Holistic Runs	Zihuatanejo, Mexico	March 2017
Michigan Interscholastic Track Coaches Association Clinic	Running Myths, Misconceptions, and Misinformation The Art and Science of Recovery Fatigue in Distance Events Periodization: The Golden Formula of Training Stress & Recovery	Lansing, MI	February 2017
Ohio Association of Track and Cross Country Coaches Clinic	Top 7 Lessons for Coaching Distance Runners Understanding Interval Training Lactate Threshold Training Training Female Distance Runners The Art and Science of Recovery Running Myths, Misconceptions, & Misinformation	Columbus, OH	January 2017
U.S. All-Star Track & Field and Cross Country Coaching Clinic	Understanding Interval Training Fatigue in the Distance Events	Atlantic City, NJ	December 2016
World Spinning & Sports Conditioning Conference	Fitness Mythconceptions Understanding Interval Training The Inner Runner Busting Through Training Plateaus	Miami, FL	June 2016

ECA World Fitness Convention	Resting Metabolism & Exercise: The Great Debate Top 7 Lessons for Coaching Runners Running Drills & Technique to Run Better	New York, NY	April 2016
IDEA Personal Trainer Institute	Secrets of Injury Prevention for Runners Training for Endurance Events: Chasing Pheidippides	Alexandria, VA	February 2016
Michigan Interscholastic Track Coaches Association Clinic	The 3 Players of Distance Running: VO <sub>2</sub> max, Acidosis Threshold, & Running Economy Understanding Interval Training Training Female Distance Runners	Mount Pleasant, MI	November 2015
Indonesia Fitness & Health Expo	Top 7 Lessons for Coaching Runners Understanding Interval Training Fitness Myths, Misconceptions and Misinformation Run-Fit Boot Camp The Fat-Burning Zone: Fact or Fiction?	Jakarta, Indonesia	September 2015
IDEA World Fitness Convention	The Runner's Clinic Plyometrics Palooza	Los Angeles, CA	July 2015
American Indian Running Coaches Clinic	A Lifetime of Passion for Running Better: My Journey from Runner to Physiologist to Coach	Santa Fe, NM	June 2015
World Spinning & Sports Conditioning Conference	Energy The Inner Runner Busting Through Training Plateaus Top 7 Lessons for Coaching Runners	Miami, FL	May 2015
USA Triathlon Level 1 Coaching Clinic	Exercise Physiology Running Skills and Training	Las Vegas, NV	October 2014
IDEA World Fitness Convention	Busting Through Training Plateaus Running Secrets to Success: Skills and Drills for Trainers	Anaheim, CA	August 2014
National Strength & Conditioning Association Conference	Understanding Interval Training	Las Vegas, NV	July 2014

Blue Vision Fitness Academy	<p>Top 7 Lessons for Runners</p> <p>Training for Endurance Races</p> <p>The Art and Science of Recovery</p> <p>Treadmill Running Masterclass</p> <p>The Inner Runner</p> <p>Interval Training</p> <p>The 3 Players of Distance Running: Running Economy, VO<sub>2</sub>max, &amp; Lactate Threshold</p> <p>5 Lessons I have Learned From Physiology and How They Can Make You a Faster Runner</p> <p>Dr. Karp's Running Clinic</p>	Istanbul, Turkey	June 2014
Indonesia Fitness & Health Expo	<p>Dr. Karp's Run-Fit Boot Camp</p> <p>The Science of Exercise and Weight Loss</p> <p>Fitness Myths, Misconceptions, and Misinformation</p> <p>Dr. Karp's Running Clinic</p> <p>Resting Metabolism: Is It Hot or Not?</p> <p>Interval Training</p>	Jakarta, Indonesia	May 2014
Young Presidents' Organization/World Presidents' Organization Indonesia Runners	Marathon Training 101	Jakarta, Indonesia	May 2014
Bonita Road Runners Banquet	Top 7 Lessons For Runners	Chula Vista, CA	January 2014
She Runs Retreat	<p>Top 7 Lessons For Runners</p> <p>The Inner Runner</p>	San Diego, CA	November 2013
Asia Fitness Convention	<p>Dr. Karp's Running Clinic</p> <p>Top 7 Lessons For Coaching Runners</p> <p>Women &amp; Exercise: What's Estrogen Got to Do With It?</p> <p>The Inner Runner</p> <p>Energy</p>	Bangkok, Thailand	October 2013
CanFitPro International Fitness and Club Business Conference	<p>The Best Workouts for Runners</p> <p>Periodization: The Golden Formula of Training Stress and Recovery</p> <p>The Fat Burning Zone: Fact or Fiction?</p> <p>Top Seven Lessons for Coaching Runners</p>	Toronto, Canada	August 2013
TriSportan Triathlon Club	Top 7 Lessons for Runners	Hod Hasharon, Israel	July 2013

USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp	Energy Systems The 3 Players of Distance Running: VO <sub>2</sub> max, Acidosis (Lactate) Threshold, & Running Economy Training Concepts Training Female Distance Runners: What's Estrogen Got to Do with it? 5 Lessons I Have Learned From Physiology and How They Can Make Your Distance Runners Faster Fatigue in the Distance Events Chasing Mercury: Getting Faster with Periodization Running Technique Drills	Chula Vista, CA	July 2013
Cardiovascular Disease Foundation	Fitness Myths, Misconceptions, & Misinformation	Carlsbad, CA	June 2013
FitnessFest	The Inner Runner Exercise & Weight Loss: A Look at the Scientific Research Ask Dr. Jason! Dr. Karp's Hot Bod Boot Camp	Scottsdale, AZ	May 2013
YMCA Fitness Palooza	Top 7 Lessons for Runners	San Diego, CA	April 2013
Head to Toe Women's Expo	Top 7 Lessons for Runners	San Diego, CA	April 2013
San Diego Festival of Science and Engineering	Getting Fit with Science Training for Endurance Events	San Diego, CA	March 2013
American College of Sports Medicine Health & Fitness Summit	Busting Through Training Plateaus Running Concepts for the Fitness Professional	Las Vegas, NV	March 2013
Northwest Track & Field Clinic	Top 7 Lessons for Coaching Distance Runners 5 Lessons I have Learned from Physiology and How They Make Your Distance Runners Faster Chasing Mercury: Getting Faster with Periodization	Seattle, WA	February 2013
Indiana Association of Track and Cross Country Coaches Clinic	Running & Fitness Myths, Misconceptions, and Misinformation Top 7 Lessons for Coaching Distance Runners Fatigue in Distance Events Fatigue in Sprint Events Chasing Mercury: Getting Faster with Periodization	Indianapolis, IN	February 2013

CanFitPro Personal Training and Group Fitness Conference	Fitness Myths, Misconceptions, & Misinformation Periodization: The Golden Formula of Training, Stress, and Recovery Top 7 Lessons for Coaching Runners The Inner Runner The Fat Burning Zone: Fact or Fiction?	Vancouver, Canada	November 2012
YMCA Fitness Palooza	Fitness Myths, Misconceptions, and Misinformation Training for Endurance Events: Chasing Pheidippides	San Diego, CA	September 2012
National Strength and Conditioning Association National Conference	Periodization: The Golden Formula of Training, Stress, and Recovery	Providence, RI	July 2012
IDEA World Fitness Convention	The Runner's Clinic The Inner Runner Top Seven Lessons for Training Runners	San Diego, CA	July 2012
FILEX Fitness Convention	Top 7 Lessons for Coaching Runners Marathon Training 101: Chasing Pheidippides The Fat Burning Zone: Fact or Fiction? Periodization: The Golden Formula of Training, Stress, and Recovery The Inner Runner	Sydney, Australia	April 2012
FitnessFest	Exercise and the Female: What's Estrogen Got to Do with It? Dr. Karp's Run-Fit Boot Camp Fitness Myths, Misconceptions, and Misinformation	Scottsdale, AZ	April 2012
Fitness.edu Spring Fitness Symposium	Fitness Myths, Misconceptions, and Misinformation (Keynote Presentation) The Great Debate – Resting Metabolism: Is It Hot or Not? Exercise and the Female: What's Estrogen Got to Do with It? The Fat Burning Zone	Salt Lake City, UT	April 2012
Foster Youth Retreat	A Sound Body: How Exercise Improves Your Life	Temecula, CA	March 2012
San Diego Science Festival	Training for Endurance Events: Chasing Pheidippides The Science of Fitness and Weight Loss	San Diego, CA	March 2012
YMCA's Fitness Palooza	The Runner's Clinic	Encinitas, CA	March 2012

ECA World Fitness Convention	Exercise and the Female: What's Estrogen Got to Do with It? Exercise and Weight Loss: A Look at the Scientific Research The Great Debate – Resting Metabolism: Is It Hot or Not?	New York, NY	March 2012
Northern California Track & Field Clinic	5 Lessons I Have Learned From Physiology and How They Can Make Your Athletes Faster Distance Runners Periodization for Distance Runners The Causes of Fatigue in Races and How to Combat Them	Burlingame, CA	January 2012
Club Industry Conference	Fitness Myths, Misconceptions, and Misinformation	Chicago, IL	October 2011
Inner IDEA Conference	The Inner Runner	La Jolla, CA	October 2011
YMCA's Fitness Palooza	Top 7 Lessons to Improve Your Running	San Diego, CA	September 2011
Lydiard Foundation Coaches Seminar	Running and Fitness Myths, Misconceptions, and Misinformation	Boulder, CO	September 2011
Arizona Track Coaches Association Cross Country Coaches Clinic	Top 7 Lessons for Coaching Distance Runners Using Periodization to Plan Programs	Scottsdale, AZ	August 2011
IDEA World Fitness Convention	The Runner's Clinic The Art and Science of Recovery Industry Trends Panel	Los Angeles, CA	August 2011
DCAC International Fitness Education Conference	Fitness Myths, Misconceptions, and Misinformation Exercise and the Female: What's Estrogen Got to Do With It? Lactate Threshold: The New and Best Way to Lose Fat and Improve Fitness	Reston, VA	August 2011
SCW Fitness MANIA	Lactate Threshold: Best O <sub>2</sub> Bang For Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate Best Workouts for Runners	Atlanta, GA	July 2011
Wings of America/Nike Coaches Clinic	Top 7 Lessons for Coaching Distance Runners Using Periodization to Plan Programs	Santa Fe, NM	June 2011

SCW Fitness MANIA	Marathon Training 101: Chasing Pheidippides Lactate Threshold: Best O <sub>2</sub> Bang for Your Buck How to Work for Yourself as a Fitness Entrepreneur Fitness Myths, Misconceptions, and Misinformation	Orlando, FL	May 2011
FitnessFest	Fitness Writing: Finding Your Inner Hemingway Plyometrics Palooza Dr. Karp's Run-Fit Boot Camp Exercise and Weight Loss: A Look at the Scientific Research	Scottsdale, AZ	April 2011
STAR San Diego	How Running and Fitness Improve Your Business Life	San Diego, CA	April 2011
SCW Fitness MANIA	The Resting Metabolic Rate Debate How to Work for Yourself as a Fitness Entrepreneur The Best Workouts for Runners Fitness Myths, Misconceptions, and Misinformation	Burlingame, CA	March 2011
San Diego Science Festival	Marathon Training 101: Chasing Pheidippides The Science of Fitness and Weight Loss Exercise and the Female: What's Estrogen Got to Do With It?	San Diego, CA	March 2011
National Strength and Conditioning Association Personal Trainers Conference	Training for Endurance Events	Las Vegas, NV	March 2011
ECA World Fitness Convention	Fitness Writing: Finding Your Inner Hemingway The Fat Burning Zone	New York, NY	March 2011
Napa Valley Marathon College	The Very Best Strategies for Successfully Completing Your Marathon	Napa Valley, CA	March 2011
SCW Fitness MANIA	Chasing Mercury, Battling Hercules: Periodization Training The Resting Metabolic Rate Debate Marathon Training 101: Chasing Pheidippides Fitness Myths, Misconceptions, and Misinformation	Philadelphia, PA	February 2011

Northern California Track & Field Clinic	5 Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner Chasing Mercury: Getting Faster with Periodization The Causes of Fatigue and How to Combat Them	Burlingame, CA	January 2011
ECA/THRIVE Fitness and Wellness Conference	Marathon Training 101 Myths, Misconceptions, & Misinformation Top 7 Lessons for Coaching Runners	Miami Beach, FL	December 2010
American College of Sports Medicine Southwest Chapter Conference	How to Survive Your PhD: Secrets to Conquering the PhD Process	San Diego, CA	October 2010
SCW Fitness MANIA	Myths, Misconceptions, and Misinformation Lactate Threshold: Best O <sub>2</sub> Bang for Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate	Rosemont, IL	October 2010
FitnessFest	Fitness Writing: Finding Your Inner Hemingway Flexibility Training for Athletic Performance Running Drills and Technique to Make You Run Better Plyometrics Palooza	Tucson, AZ	October 2010
SCW Fitness MANIA	Chasing Mercury, Battling Hercules: Getting Fitter & Stronger with Periodization Training Lactate Threshold: Best O <sub>2</sub> Bang for Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate	Dallas, TX	August 2010
VO <sub>2</sub> max Distance Running Clinic	Chasing Mercury: Training to Combat Fatigue Building Your Training Program with Periodization	San Diego, CA	August 2010

SCW Fitness MANIA	<p>Myths, Misconceptions, and Misinformation</p> <p>Lactate Threshold: Best O<sub>2</sub> Bang for Your Buck</p> <p>Marathon Training 101: Chasing Pheidippides</p> <p>The Resting Metabolic Rate Debate</p>	Atlanta, GA	July 2010
USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp	<p>How Athletes Get Energy: Physiology of Sprints, Jumps, and Throws</p> <p>Improving Speed, Strength, and Power with Periodization</p>	Chula Vista, CA	June 2010
FitnessFest	<p>Top 7 Lessons for Runners</p> <p>The Resting Metabolic Rate Debate</p> <p>Flexibility Training for Athletic Performance</p>	Scottsdale, AZ	April 2010
SCW Fitness MANIA	<p>Myths, Misconceptions, and Misinformation</p> <p>The Resting Metabolic Rate Debate</p> <p>Marathon Training 101: Chasing Pheidippides</p>	Burlingame, CA	April 2010
San Diego Science Festival	<p>The Science of Exercise and Weight Loss</p> <p>The Science of Running a Marathon</p>	San Diego, CA	March 2010
Alliant International University Graduate Student Symposium	<p>How to Survive Your PhD</p>	San Diego, CA	February 2010
SCW Fitness MANIA	<p>Myths, Misconceptions, and Misinformation</p> <p>Lactate Threshold: Best O<sub>2</sub> Bang for Your Buck</p> <p>The Resting Metabolic Rate Debate</p> <p>Chasing Mercury, Battling Hercules: Getting Fitter &amp; Stronger with Periodization Training</p> <p>Best Workouts for Runners</p> <p>Marathon Training 101: Chasing Pheidippides</p>	Philadelphia, PA	February 2010
University of Southern California Graduate and Professional Student Senate Panel	<p>Writer's Block and War Stories of the PhD</p>	Los Angeles, CA	February 2010
Southern California Track & Field Clinic	<p>Periodization Training</p> <p>5 Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner</p>	Irvine, CA	January 2010

U.S. All-Star Track & Field and Cross Country Coaching Clinic	Using Periodization to Plan Programs Combating Distance Running Fatigue Top 7 Lessons for Coaching Distance Runners	Atlantic City, NJ	December 2009
American College of Sports Medicine Southwest Chapter Conference	Resting Metabolic Rate Debate	San Diego, CA	October 2009
FitnessFest	Myths, Misconceptions, and Misinformation Battling Hercules: Getting Fitter & Stronger with Periodization Training Top 7 Lessons for Coaching Distance Runners	Tucson, AZ	October 2009
IDEA World Fitness Convention	Chasing Pheidippides: Marathon Training 101	Anaheim, CA	August 2009
American College of Sports Medicine Conference	The Science and Coaching of Distance Runners (symposium chair) Lungs and Legs: Entrainment of Breathing to Locomotion in Highly Trained Distance Runners (research presentation)	Seattle, WA	May 2009
San Diego Personal Training Summit	The Resting Metabolic Rate Debate Exercise and Weight Loss: A Look at the Scientific Research Chasing Pheidippides: Marathon Training 101 Battling Hercules: Getting Fitter and Stronger with Periodization Training	San Diego, CA	April 2009
San Diego Science Festival	The Science of Running a Marathon The Science of Exercise and Weight Loss	San Diego, CA	March 2009
ECA World Fitness Convention	Chasing Pheidippides: Marathon Training 101 Chasing Mercury, Battling Hercules: Getting Fitter and Stronger with Periodization Training	New York, NY	February 2009
San Diego State University Writers' Conference	Writing and Publishing What You Know	San Diego, CA	February 2009
VO <sub>2</sub> max Distance Running Clinic	Physiological Secrets of Distance Running Lactate Threshold: Best O <sub>2</sub> Bang for Your Buck Chasing Mercury: Training to Combat Fatigue Periodization Training	San Diego, CA	January 2009

USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp	Physiology of Distance Running The Myth of Lactic Acid and the Causes of Fatigue Chasing Mercury: Training to Combat Fatigue Periodization Training	Chula Vista, CA	July 2008
VO <sub>2</sub> max Distance Running Clinic	Physiological Secrets of Distance Running Lactate Threshold: Best O <sub>2</sub> Bang for Your Buck Chasing Mercury: Training to Combat Fatigue Periodization Training	San Diego, CA	July 2008
American College of Sports Medicine Health & Fitness Summit	Getting Fitter and Stronger with Periodization Training	Long Beach, CA	March 2008
USA Track & Field Coaches Education Program Advanced Endurance Summit (Level 3 Certification)	Lactic Acid: Fatigue's Faulty Scapegoat Chasing Mercury: Training to Combat Fatigue	Chicago, IL	July 2007
USA Track & Field Coaches Education Program Advanced Sprints/Hurdles Summit (Level 3 Certification)	Lactic Acid: Fatigue's Faulty Scapegoat Chasing Mercury: Training to Combat Fatigue	Chicago, IL	July 2007
IDEA Fitness Fusion	Lactate Threshold: Best O <sub>2</sub> Bang for Your Buck Planning Clients' Training With Periodization	Rosemont, IL	April 2007
VO <sub>2</sub> max Distance Running Clinic	Physiological Secrets of Distance Running Lactate Threshold: Best O <sub>2</sub> Bang for Your Buck Periodization Training Endurance Training Research	Albuquerque, NM	December 2006
American Society of Exercise Physiologists Conference	Training Characteristics of U. S. Olympic Marathon Trials Qualifiers (research presentation)	Albuquerque, NM	March 2006
American College of Sports Medicine Conference	Training Characteristics of U. S. Olympic Marathon Trials Qualifiers (research poster presentation)	Nashville, TN	June 2005
American College of Sports Medicine Conference	The Efficacy of Chocolate Milk as a Recovery Aid (research poster presentation)	Indianapolis, IN	June 2004
U.S. Track Coaches Association Convention	Endurance Training Research	Kansas City, MO	December 2002

Road Runners Club of America Convention	Running to Your Health	Albuquerque, NM	May 2001
U.S. Track Coaches Association Convention	Endurance Training	Albuquerque, NM	November 2000

# REVOLUTION *RUNNING*™

## Live Courses

<b>Location</b>	<b>Date</b>
Caldwell, Idaho	February 2020
Anchorage, Alaska	November 2019
West Long Branch, New Jersey	July 2019
Santee, California	April 2019
Portland, Oregon	April 2019
Santee, California	November 2018
Ketchum, Idaho	October 2018
Sarasota, Florida	September 2018
Anchorage, Alaska	July 2018
Mesa, Arizona	April 2018
Calgary, Canada	April 2018
Chico, California	February 2018
Honolulu, Hawaii	February 2018
Tel Aviv, Israel	January 2018
Ames, Iowa	December 2017
Reykjavik, Iceland	November 2017
Boise, Idaho	November 2017
Boulder, Colorado	November 2017
Chicago, Illinois	October 2017
Bangkok, Thailand	September 2017
Singapore	September 2017
Petaling Jaya, Malaysia	September 2017
San Francisco, California	May 2017
Albuquerque, New Mexico	May 2017
Mesa, Arizona	April 2017
San Diego, California	February 2017
Rancho Santa Margarita, California	October 2016
Seattle, Washington	September 2016
Raleigh, North Carolina	September 2016
New York, New York	August 2016
Sacramento, California	July 2016

Pittsburgh, Pennsylvania	June 2016
Ghent, Belgium	April 2016
New York, New York	April 2016
Taipei, Taiwan	January 2016
Shanghai, China	January 2016
Manila, Philippines	January 2016
Singapore	January 2016
Long Beach, California	January 2016
Montreal, Canada	November 2015
San Diego, California	October 2015
Santa Clara, California	October 2015
Chicago, Illinois	October 2015
Petaling Jaya, Malaysia	September 2015
Bangkok, Thailand	September 2015
Nutley, New Jersey	August 2015
West Long Branch, New Jersey	August 2015
Laguna Niguel, California	July 2015
Mansfield, Texas	June 2015

# Dr. Jason Karp Publications

## BOOKS

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

Karp, J.R. (Ed.) *Track & Field Omnibook (6<sup>th</sup> 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*. 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.

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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.

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

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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*. 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.

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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.

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Karp, J. The Habits That Maintain Weight Loss. *Network: The Official Publication of 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.

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

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

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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.

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

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

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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.

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

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