

Customer Reviews

*101 Developmental Concepts & Workouts
for Cross Country Runners*

“With this exciting new book, Dr. Jason Karp brings coaches and runners the most important training tool—a variety of specific workouts for specific purposes. Dr. Karp will help you cut through wasted efforts and get straight to the improved performances you want.”

- Amby Burfoot, 1968 Boston Marathon winner and Editor at Large, Runner's World magazine

“Through his research, lectures, and articles, Jason Karp has done a fantastic job of connecting research and practical application for distance runners. In *101 Developmental Concepts and Workouts for Cross Country Runners*, Jason explains in a language that we can all understand the basics of the science of distance running. He then presents a variety of workouts that are easy for any coach or athlete to use in creating logical and effective training plans.”

- Joe Compagni, Head Cross Country and Track and Field Coach, Monmouth University

“With *101 Developmental Concepts and Workouts for Cross Country Runners*, Dr. Jason Karp has brought a unique blend of education and coaching experience directly to coaches and runners. Unlike other coaches, Jason doesn't treat unequals equally. He individualizes workouts to suit each runner, leading the cross country runner to his or her best performance. Every coach and cross country runner must have this book.”

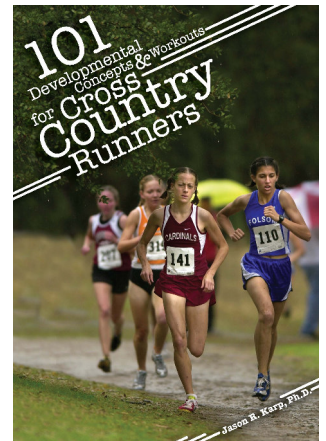
- Jon Little, JD, 2008 U.S. Olympic Marathon Trials qualifier

“Dr. Jason Karp's book, *101 Developmental Concepts and Workouts for Cross Country Runners* provides plenty of sound training advice for runners of all levels. This is must read for anyone who wants to maximize their running and racing performance.”

- Paul Greer, sub four-minute miler and coach of San Diego Track Club

“I purchased *101 Developmental Concepts and Workouts for Cross Country Runners* and was so impressed that I had to order additional copies to give to the coaches in my feeder programs. I have been coaching for many years and your book was a great refresher and explained important concepts in a very succinct and reader-friendly way. I think it is a great refresher for experienced coaches and a great primer for new coaches. Every running coach should have this book.”

- Layne Holter, head boys' cross country and track & field coach, Cary-Grove High School



To order a signed copy of *101 Developmental Concepts & Workouts for Cross Country Runners*, go to run-fit.com/books.