

DR. JASON KARP



Running & Fitness Expert

IDEA Personal Trainer of the Year

Exercise Physiologist

Creator, Revo₂lution Running™

Bestselling Author & Speaker



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Jason Karp, PhD



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 all these years later as a coach, exercise physiologist, author, speaker, and creator of the REVO₂LUTION 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 most of 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 is also the founder and coach of

the elite developmental team, REVO₂LUTION RUNNING ELITE.

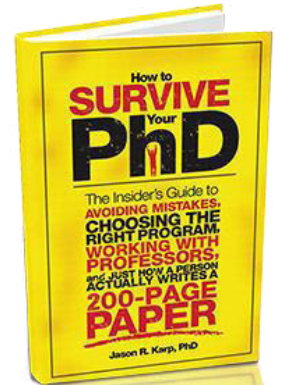
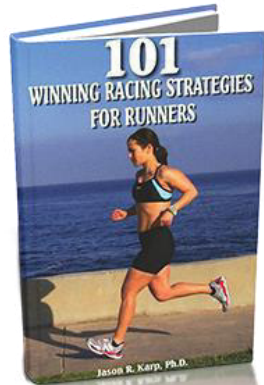
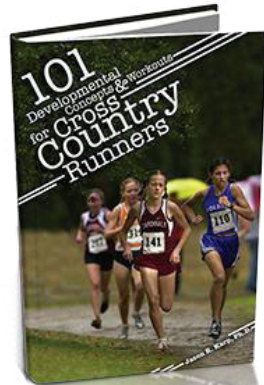
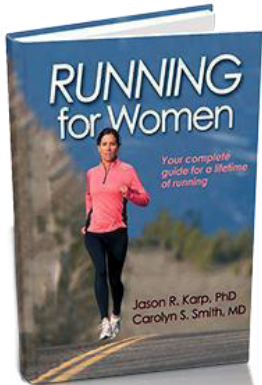
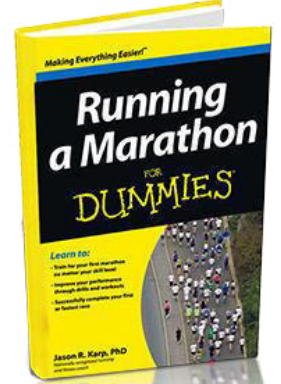
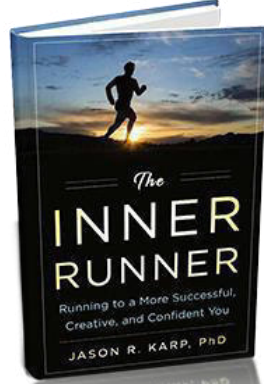
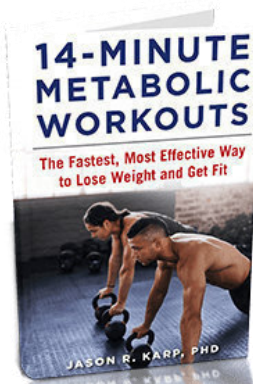
A prolific writer, Jason is the author of eight books: *The Inner Runner*, *Run Your Fat Off*, *14-Minute Metabolic Workouts*, *Running a Marathon For Dummies*, *Running for Women*, *101 Winning Racing Strategies for Runners*, *101 Developmental Concepts & Workouts for Cross Country Runners*, and *How to Survive Your PhD*. 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.

Dr. Karp is a USA Track & Field nationally 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 work and contributions to his industry, Jason was awarded the 2011 IDEA Personal Trainer of the Year (the fitness industry's highest award) and is a two-time recipient of the President's Council on Sports, Fitness, & Nutrition Community Leadership Award (2014, 2019).

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 is currently pursuing his MBA at San Diego State University. 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*.

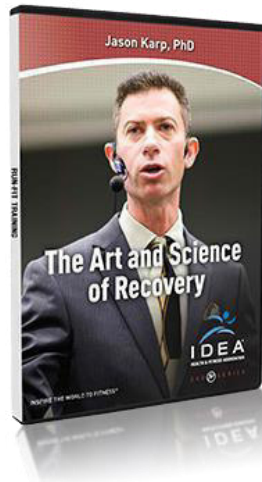
BOOKS



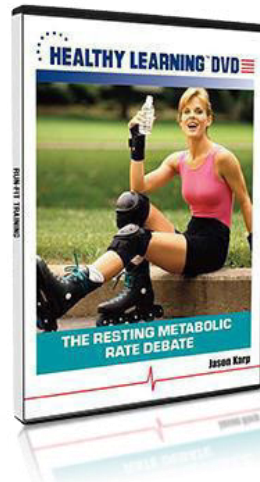
DVDs



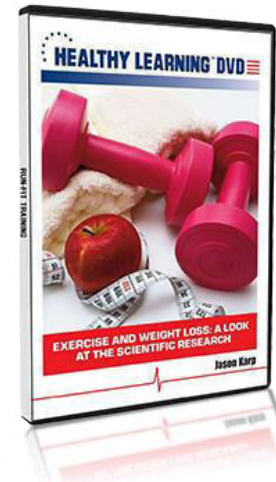
The Runner's Clinic



The Art and Science of Recovery



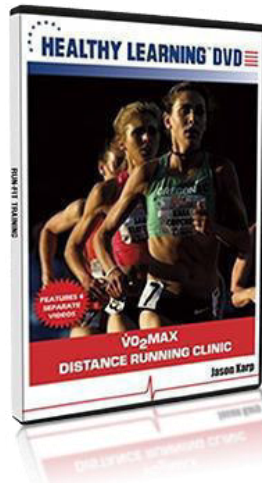
The Resting Metabolic Rate Debate



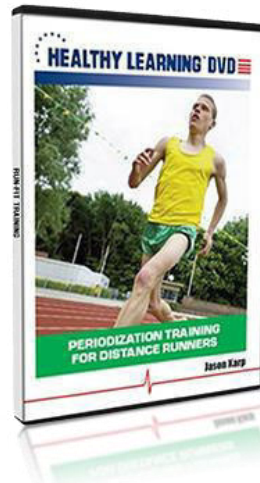
Exercise and Weight Loss: A Look at the Scientific Research



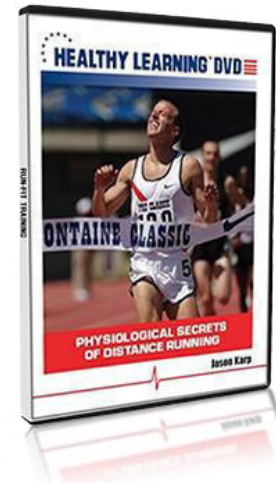
The Science and Coaching of Distance Runners



VO₂max Distance Running Clinic



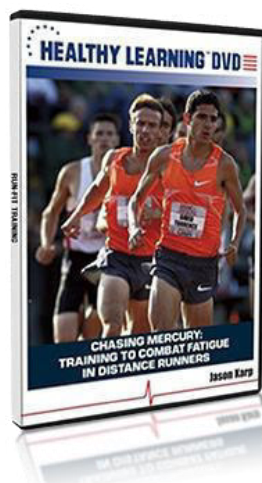
Periodization Training for Distance Runners



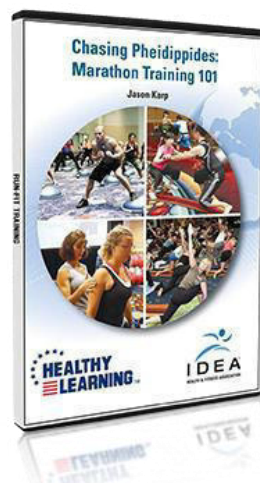
Physiological Secrets of Distance Running



Lactate Threshold: Best O₂ Bang for Your Buck



Training to Combat Fatigue in Distance Runners



Chasing Pheidippides: Marathon Training 101



Getting Fitter and Stronger with Periodization Training

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[Everup](#), March, 2017

The Platform Magazine, March, 2015

Personal Fitness Professional, September/October, 2013

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TELEVISION, VIDEO, PODCAST, AND RADIO

[Heal Better Fast](#), December, 2018

[The Fit Fifteen](#), October, 2018

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[Success Unfiltered](#), June, 2018

[The Pain Cave](#), May, 2018

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

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

[Two Fit Crazy's and a Microphone Podcast](#), January, 2018

Run Eat Repeat Podcast, January, 2018

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Fox5 New York, October 30, 2017

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Sports Mastery Podcast, July, 2017

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

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

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[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

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

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[Finding your inner runner](#)

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[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

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Preparing to run the Los Angeles Marathon

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](#)

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

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[5 steps to proper running form](#)

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[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

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[Running smart](#)

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

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Walk off fat

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

KABC-TV, Los Angeles, CA, December 27, 2010
[Tips to burn fat faster with walking program](#)

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[Picking the right running shoe for you](#)

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Runners in La Jolla Half-Marathon suffer heart attacks

IntheFaceRadio.com, March 7, 2010
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San Diego Living, July 6, 2009
Benefits of slowing down your workouts

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Running drills

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

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SparkPeople, April, 2019

RunnersWorld.com, November, 2018

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ACE Fitness, August, 2017

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Canadian Running, May/June, 2017

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Fivethirtyeight.com, June, 2016
RunnersWorld.com, March, 2016
24 Hour Fitness Blog, February 15, 2016
WomensRunning.com, November, 2015
WomensRunning.com, April, 2015
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American Fitness, March/April, 2014
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Better Homes & Gardens, January, 2013
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[Babysteppers.mommayoungathome.com](#), Sept. 19, 2012
[EdmontonSun.com](#), September 7, 2012
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[NBC San Diego](#), June 4, 2012
[Run.com](#), May 1, 2012
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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:

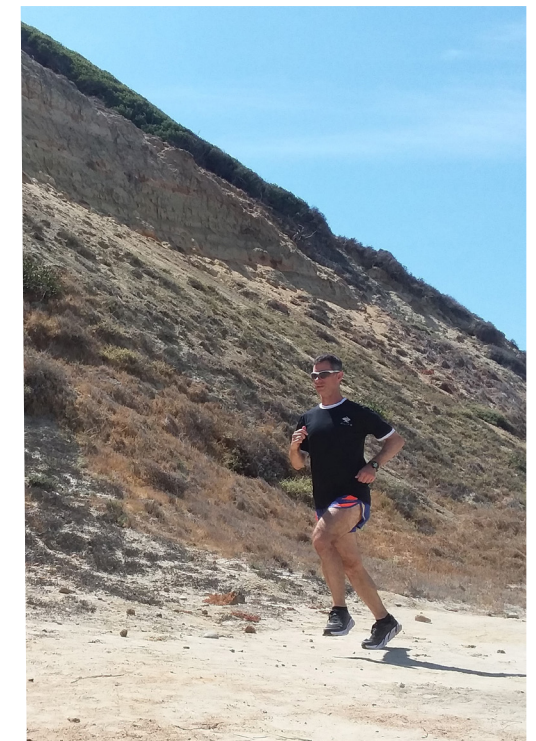
1. Understand the purpose of each workout and design your workouts to meet the purpose.
2. Hire a professional coach who can help you achieve what you want.
3. Use running to learn how to deal with discomfort and narrow the gap between who you are and who you want to be.

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



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."

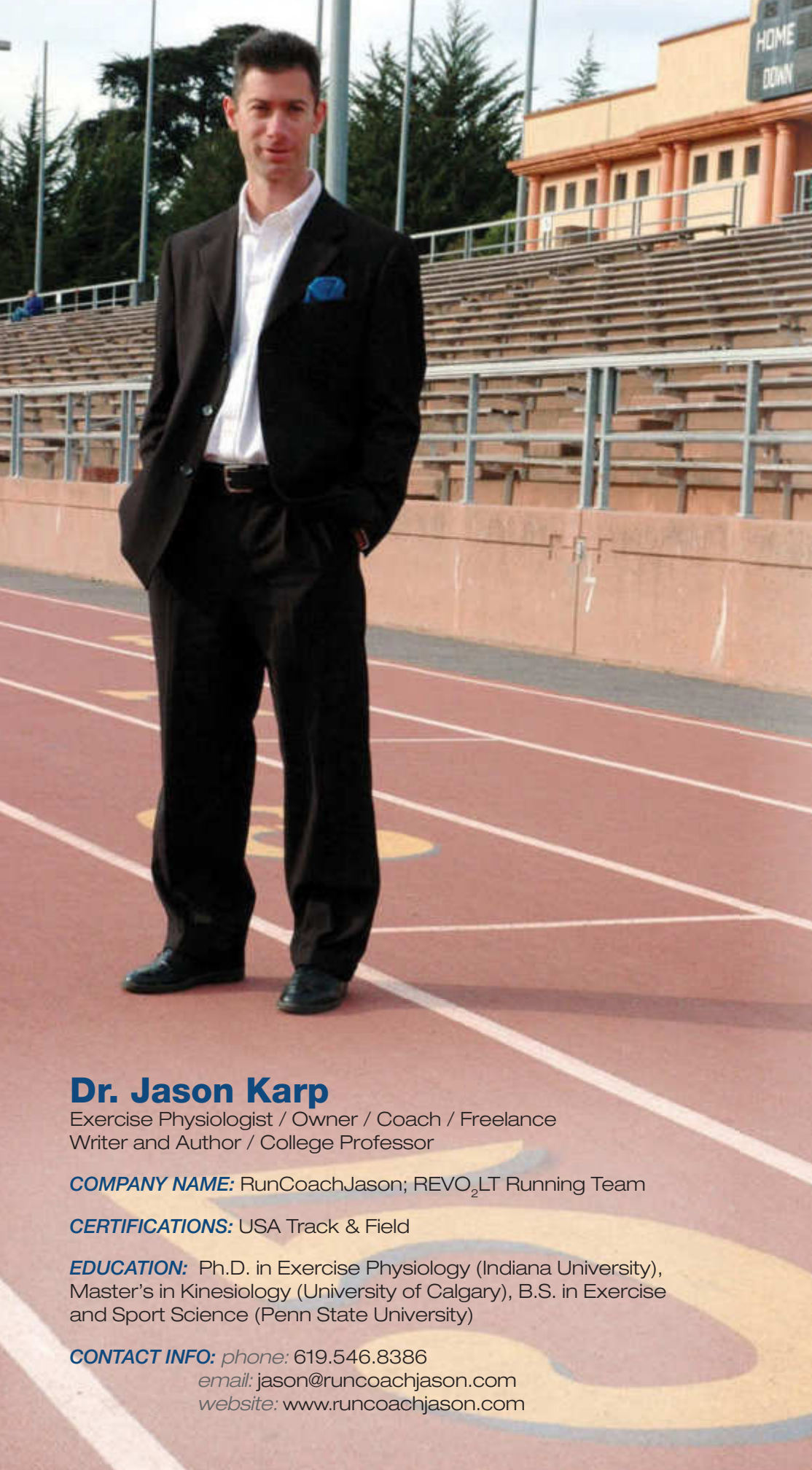
Karp spends his life helping people improve their running skills. As founder and trainer at RunCoachJason.com, he works one-on-one with clients. He is also the founder and instructor of Dr. Karp's Run-Fit Boot Camp and founder and trainer of REVO₂LT Running Team™. He has taught USA Track & Field's highest-level 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; REVO₂LT 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
website: 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 REVO₂LT Running Team (an acronym for the three physiological determinants of running performance — Running Economy, VO₂max, 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 REVO₂LT 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 | Twitter: @theprogram | Facebook: /theprogram | YouTube: themessage.com

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

1. My ideal client is a parent or parent-to-be who is not when it comes to challenging himself or herself and finding out what he or she is capable of. I have 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 level for many people. But this is not like the 2000s anymore, tough workouts and runs when it's uncomfortable, and you're 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's on the other side?
3. If I had my way in sharing my message it would be in front of as many parents as possible. I love me in parent interaction, whether it's during a lecture at a conference or out on the track during a workout.
4. Successful messaging is focused, inspirational, and practical, 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 entertaining and they know they'll gain 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 VO₂max 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:

“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:

“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

6th 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:

“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 |
|--|---|--------------------|----------------|
| 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 ₂ 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 |

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| 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 |

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| 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 ₂ 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 |

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|---|---|--------------------|----------------|
| 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 | Top 7 Lessons for Runners Training for Endurance Races The Art and Science of Recovery Treadmill Running Masterclass The Inner Runner Interval Training The 3 Players of Distance Running: Running Economy, VO ₂ max, & Lactate Threshold 5 Lessons I have Learned From Physiology and How They Can Make You a Faster Runner Dr. Karp's Running Clinic | Istanbul, Turkey | June, 2014 |
| Indonesia Fitness & Health Expo | Dr. Karp's Run-Fit Boot Camp The Science of Exercise and Weight Loss Fitness Myths, Misconceptions, and Misinformation Dr. Karp's Running Clinic Resting Metabolism: Is It Hot or Not? Interval Training | 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 | Top 7 Lessons For Runners The Inner Runner | San Diego, CA | November, 2013 |
| Asia Fitness Convention | Dr. Karp's Running Clinic Top 7 Lessons For Coaching Runners Women & Exercise: What's Estrogen Got to Do With It? The Inner Runner Energy | Bangkok, Thailand | October, 2013 |

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| CanFitPro International Fitness and Club Business Conference | The Best Workouts for Runners Periodization: The Golden Formula of Training Stress and Recovery The Fat Burning Zone: Fact or Fiction? Top Seven Lessons for Coaching Runners | 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 ₂ 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 |

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|--|--|-------------------|-----------------|
| 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 |

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|--|---|--------------------|-----------------|
| 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 |

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| 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 ₂ 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 ₂ 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 |

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| 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 ₂ 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 |

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| SCW Fitness MANIA | Chasing Mercury, Battling Hercules: Getting Fitter & Stronger with Periodization Training Lactate Threshold: Best O ₂ Bang for Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate | Dallas, TX | August, 2010 |
| VO ₂ max Distance Running Clinic | Chasing Mercury: Training to Combat Fatigue Building Your Training Program with Periodization | San Diego, CA | August, 2010 |
| SCW Fitness MANIA | Myths, Misconceptions, and Misinformation Lactate Threshold: Best O ₂ Bang for Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate | Atlanta, GA | July, 2010 |
| USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp | How Athletes Get Energy: Physiology of Sprints, Jumps, and Throws Improving Speed, Strength, and Power with Periodization | Chula Vista, CA | June, 2010 |
| FitnessFest | Top 7 Lessons for Runners The Resting Metabolic Rate Debate Flexibility Training for Athletic Performance | Scottsdale, AZ | April, 2010 |
| SCW Fitness MANIA | Myths, Misconceptions, and Misinformation The Resting Metabolic Rate Debate Marathon Training 101: Chasing Pheidippides | Burlingame, CA | April, 2010 |
| San Diego Science Festival | The Science of Exercise and Weight Loss The Science of Running a Marathon | San Diego, CA | March, 2010 |
| Alliant International University Graduate Student Symposium | How to Survive Your PhD | San Diego, CA | February, 2010 |

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| SCW Fitness MANIA | <p>Myths, Misconceptions, and Misinformation</p> <p>Lactate Threshold: Best O₂ Bang for Your Buck</p> <p>The Resting Metabolic Rate Debate</p> <p>Chasing Mercury, Battling Hercules: Getting Fitter & 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 | Writer's Block and War Stories of the PhD | 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 | <p>Using Periodization to Plan Programs</p> <p>Combating Distance Running Fatigue</p> <p>Top 7 Lessons for Coaching Distance Runners</p> | Atlantic City, NJ | December, 2009 |
| American College of Sports Medicine Southwest Chapter Conference | Resting Metabolic Rate Debate | San Diego, CA | October, 2009 |
| FitnessFest | <p>Myths, Misconceptions, and Misinformation</p> <p>Battling Hercules: Getting Fitter & Stronger with Periodization Training</p> <p>Top 7 Lessons for Coaching Distance Runners</p> | Tucson, AZ | October, 2009 |
| IDEA World Fitness Convention | Chasing Pheidippides: Marathon Training 101 | Anaheim, CA | August, 2009 |
| American College of Sports Medicine Conference | <p>The Science and Coaching of Distance Runners (symposium chair)</p> <p>Lungs and Legs: Entrainment of Breathing to Locomotion in Highly Trained Distance Runners (research presentation)</p> | Seattle, WA | May, 2009 |

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| 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 ₂ max Distance Running Clinic | Physiological Secrets of Distance Running Lactate Threshold: Best O ₂ 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 ₂ max Distance Running Clinic | Physiological Secrets of Distance Running Lactate Threshold: Best O ₂ 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 |

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| 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 ₂ Bang for Your Buck Planning Clients' Training With Periodization | Rosemont, IL | April, 2007 |
| VO ₂ max Distance Running Clinic | Physiological Secrets of Distance Running Lactate Threshold: Best O ₂ 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

| Location | Date |
|------------------------------------|-----------------|
| 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 |

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| 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 |

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- Karp, J.R. *14-Minute Metabolic Workouts*. Skyhorse. Jun. 2017.
- Karp, J.R. *Run Your Fat Off*. Reader's Digest. Mar. 2017.
- Karp, J.R. (Ed.) *Track & Field Omnibook (6th Ed.)*. Coaches Choice (in press).
- Karp, J.R. *The Inner Runner*. Skyhorse. Apr. 2016.
- Karp, J.R. *Running a Marathon For Dummies*. Wiley. Nov. 2012.
- Karp, J.R. and Smith, C.S. *Running for Women*. Human Kinetics. Jun. 2012.
- Karp, J.R. *101 Winning Racing Strategies for Runners*. Coaches Choice. Feb. 2012.
- Karp, J.R. *101 Developmental Concepts & Workouts for Cross Country Runners*. Coaches Choice. Jul. 2010.
- Karp, J.R. *How to Survive Your PhD*. Sourcebooks. Dec. 2009.

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- Karp, J.R. "Some Training Methods for Middle and Long Distance Running." In: Doherty, K. and Kernan, J.N. *Track & Field Omnibook (5th Edition)*. Mountain View, CA: Tafnews Press, 2007, pp. 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_2 max and 5-Km Race Performance. *Journal of Strength and Conditioning Research*. Oct. 2011, 25(10), pp. 2696-2703.
- Karp, J.R. Strength Training For Distance Running: A Scientific Perspective. *Strength and Conditioning Journal*. June 2010, 32(3), pp. 83-86.
- 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*. Apr. 2010, 108(6), pp. 1209-1216.

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