

DR. JASON KARP



America's Running & Fitness Expert
2011 IDEA Personal Trainer of the Year
Exercise Physiologist
Writer, Author, & Speaker

Jason Karp, Ph.D.

Dr. Jason Karp is a nationally-recognized running and fitness coach, freelance writer and author, and exercise physiologist. He owns RunCoachJason.com, a state-of-the-science running coaching and personal training company in San Diego, California. As America's running expert and the 2011 IDEA Personal Trainer of the Year, Dr. Karp is a trusted source of information. Through his writing, conference presentations, DVDs, and numerous print and television interviews on topics related to running and fitness, he brings the state of the science directly to the public. A sought after speaker on running and fitness, Dr. Karp is a frequent presenter at national coaching and fitness industry conferences, including U.S. Track & Field and Cross Country Coaches Association, American College of Sports Medicine, IDEA World Fitness Convention, SCW Fitness MANIA, ECA World Fitness Convention, and FitnessFest, among others. He has taught USA Track & Field's highest



level coaching certification and was an instructor at the USATF/U.S. Olympic Committee's Emerging Elite Coaches Camp at the U.S. Olympic Training Center. He also regularly holds clinics for runners, coaches, and fitness professionals. He is a prolific writer, with over 200 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*, *Running Times*, *Runner's World*, *Women's Running*, *Marathon & Beyond*, *Fitness Management*, *IDEA Fitness Journal*, *PTontheNet.com*, *Shape*, *Oxygen*, *SELF*, *Ultra-Fit*, and *Maximum Fitness*, among others. He is also author of five books: *How to Survive Your PhD* (Sourcebooks, 2009), *101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice, 2010), *101 Winning Racing Strategies for Runners* (Coaches Choice, 2012), *Running for Women* (Human Kinetics, 2012), and *Running a Marathon For Dummies* (Wiley, 2012).

In 1997, at age 24, Dr. Karp became one of the youngest head college coaches in the country, leading the Georgian Court University (N.J.) women's cross country team to the regional championship and was named NAIA Northeast Region Coach of the Year. He has coached cross country and track at the high school, college, and elite club levels. His personal training experience ranges from elite athletes to cardiac rehab patients. As a private coach and founder of *REVO₂LT Running Team*[™], he has helped many runners meet their potential, ranging from a first-time race participant to an Olympic Trials qualifier. He has been profiled in a number of publications and received the fitness industry's highest award in 2011. A competitive runner, Dr. Karp is a nationally-certified running coach through USA Track & Field and is sponsored by PowerBar as a member of PowerBar Team Elite[™].

Dr. Karp received his Ph.D. 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 Pennsylvania State University in 1995. His research in the field of exercise physiology has been published in scientific journals. Dr. Karp has taught at several universities and currently teaches applied exercise physiology at Miramar College in San Diego and dissertation writing at the University of California-San Diego.

Contact Dr. Karp at jason@runcoachjason.com or visit www.runcoachjason.com.

As America's running expert, Dr. Jason Karp is a trusted source of information. Through his writing, conference presentations, DVDs, and numerous print and television interviews on topics related to running and fitness, he brings the state of the science directly to the public.

DVDs

Title	Year	Length
The Runner's Clinic	2011	106 min
The Art and Science of Recovery	2011	111 min
The Resting Metabolic Rate Debate	2010	58 min
Exercise and Weight Loss: A Look at the Scientific Research	2010	59 min
The Science and Coaching of Distance Runners	2010	133 min
VO ₂ max Distance Running Clinic	2010	202 min
Periodization Training for Distance Runners	2010	65 min
Physiological Secrets of Distance Running	2010	52 min
Lactate Threshold: Best O ₂ Bang for Your Buck	2010	49 min
Chasing Mercury: Training to Combat Fatigue in Distance Runners	2010	72 min
Chasing Pheidippides: Marathon Training 101	2009	71 min
Chasing Mercury, Battling Hercules: Getting Fitter and Stronger with Periodization Training	2008	61 min

Books

Title	Publisher	Year
Running a Marathon For Dummies	Wiley	2012
Running for Women	Human Kinetics	2012
101 Winning Racing Strategies for Runners	Coaches Choice	2012
101 Developmental Concepts & Workouts for Cross Country Runners	Coaches Choice	2010
How to Survive Your PhD	Sourcebooks	2009

Dr. Jason Profiled in the Media

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 magazine, January/February, 2011
http://www.nxtbook.com/nxtbooks/rbpublishing/pfp_20110102/#/14

IDEA Fitness Journal, March, 2009
<http://www.runcoachjason.com/IDEAprofile.pdf>

Television, Video, and Radio Appearances

UntangledFm.com, May 16, 2012

The inner and outer runner: Looking at the technical and emotional side to running
<http://www.untangledfm.com/index.php/replays/the-health-happiness-show>

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

Running smart

<http://abclocal.go.com/kabc/video?id=8498307&pid=8498296>

IDEA World Fitness Award Ceremony, August, 2011

<http://www.youtube.com/watch?v=D7JpdpHo0IY>

Custom Fit, May, 2011

Walk off fat

<http://livewellnetwork.com/Custom-Fit/episodes/Walk-off-Fat/8122888?pid=8123020>

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

Research sheds new light on weight training

http://abclocal.go.com/kabc/story?section=news/food_coach&id=7899667

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

Tips to burn fat faster with walking program

http://abclocal.go.com/kabc/story?section=news/food_coach&id=7865813

KABC-TV, Los Angeles, CA, December 20, 2010

Picking the right running shoe for you

http://abclocal.go.com/kabc/story?section=news/food_coach&id=7854205

RunCenter, Competitor.com, July 25, 2010

<http://video.competitor.com/2010/07/running/runcenter-technique-matters>

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

Dr. Jason Quoted in the Media

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

Jack LaLanne Award



IDEA is honored to announce the inaugural Jack LaLanne Award. This award is presented to an individual who has inspired the world to fitness through his or her work in the media or in the public eye as a significant role model for others to follow. This person has made a significant and lasting contribution in the areas of fitness, nutrition and wellness by promoting the benefits of exercise and healthy eating in addition to living those ideals himself or herself.

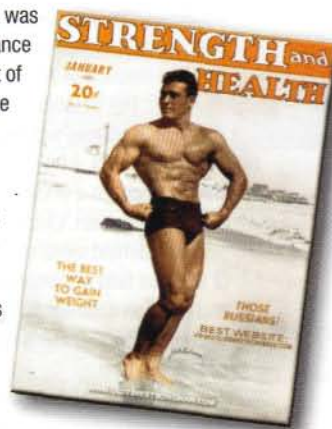
The first award will be given posthumously to Jack; his wife, Elaine, will accept the award at the 2011 IDEA World Fitness Convention.

This award is being given to Jack LaLanne for his tireless efforts to educate America on the importance of being fit. His vehicle? The first nationally syndicated television show dedicated to fitness, *The Jack LaLanne Show*, which ran from 1951–1985.

As the “godfather of fitness,” he was instrumental in bringing the importance of health and fitness to the forefront of American society. In his early 20s, he opened a fitness facility in Oakland, California, where he designed the world’s first leg extension machine, which is still in use today. He is also credited with developing signature body weight movements like the “jumping jack.” But LaLanne felt his influence was limited at his fitness facility, so he turned to television. *The Jack LaLanne Show* first aired to mixed reviews. “Exercise is King, nutrition is Queen; put them together and you’ve got a kingdom,” he’d say.

Many considered him a quack, so he decided to prove the benefits of fitness through a variety of feats, including these two: At age 40, he swam the entire length of the Golden Gate Bridge in San Francisco Bay. At age 70, he towed 70 boats with 70 people 1½ miles while handcuffed and shackled.

“Jack was an incredible role model and inspiration,” says Kathie Davis, IDEA’s executive director. “When Jack accepted the 1986 IDEA Lifetime Achievement Award, we were honored to hear him speak about his remarkable journey in the fitness industry. His contributions to the industry will always live on.”



that will help to lead us away from the global obesity epidemic?”

How can personal trainers keep workouts interesting, yet effective? “Too often I see trainers sequencing movements together that are not in line with what people truly need,” he explains. “We must ensure that people are moving well first before we stack progression and complexity on them. If we teach them why we are doing what we’re doing and make them part of the process, so they understand where they are, they will see their improvement and buy into the program.”

Quelch finds it humbling that his peers have recognized him with this prestigious award, and hopes it will give TRX’s mission more exposure. “Our aim is to create the most effective training, comprehensive education and the best products and make them accessible for everyone. We want to help people meet their physical potential [whether they are athletes or want to get back into shape].”

How can other fitness pros become IDEA award recipients? Here is Quelch’s advice:

Persevere. “Follow your vision, believe in what you have to offer, relentlessly pursue it and push beyond what a ‘normal’ personal trainer does. Your goal is to be extraordinary.”

Grow. “Be humble. The most knowledgeable people are the ones who realize that they actually know very little. This drives them to understand more of what’s out there. Do not follow gurus blindly. There are many schools, and just about all of them have something valuable to offer. Be less resistant to ideas that are not necessarily in line with your own. Seek to understand them, and your own development will accelerate.”

Contribute. “What are you doing to contribute to the industry? Share your ideas, be active on forum sites, shoot videos of your concepts and post them on social networks, write articles and present at local events and conferences.”

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. >>

Convention Sessions From Award Recipients

At the IDEA World Fitness Convention, you will have opportunities to learn from some of the best fitness pros in the world. Look for these sessions led by some of this year's honorees:

Session 135: TRX® Planar Training (Workshop) with Fraser Quelch

Friday, August 12, 8:00–9:50 AM

This interactive session will build on the revolutionary planar training concept and provide you with an advanced movement-based program utilizing the TRX system. Learn innovative new ways of using TRX Suspension Training® to address the multi-planar requirements of life and sport while enhancing the function and performance of your clients and athletes.

Session: 196: 4 Top Guns, 4 Zones—Athletic Training That Brings It! (Workout) with Douglas Brooks, MS, Todd Durkin, MA, Fraser Quelch and Peter Twist, MSc

Friday, August 12, 2:10–4:00 PM

Get an authentic and effective fusion of these coaches' approaches to training. Learn their techniques for developing dynamic warm-ups and cutting-edge cool-downs. Experience speed, agility and deceleration training, strength and power development, and fast-paced metabolic conditioning at its finest. *Caution:* A moderate-to-high degree of skill and fitness is recommended for participation.

Session: Industry Trends Panel Discussion with 2011 IDEA World Fitness Award Winners

Saturday, August 13, 1:00–1:45 PM

Featuring all four award recipients and moderator Nicki Anderson, this session will address industry trends and future direction for program directing, personal training and group exercise instruction. All event attendees are welcome to attend.

Session 413: The Science and Application of Metabolic Training (Lecture) with Fraser Quelch

Saturday, August 13, 4:00–5:50 PM

Take intensity to a whole new level with this advanced programming session. Learn how to apply key concepts from the research behind metabolic training and draw on the experience of the best field practitioners in the world to build safe, effective and intelligent metabolic training programs.

Session 521: The Runner's Clinic (Workshop) with Jason Karp, PhD

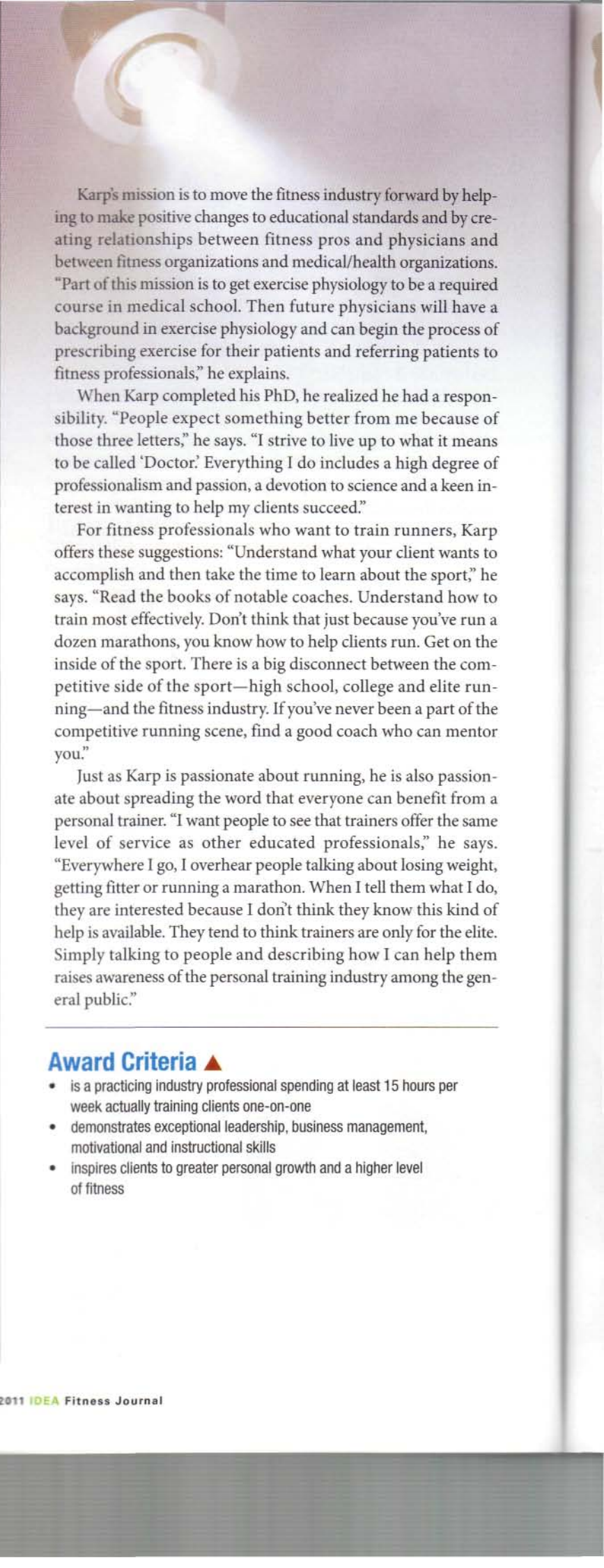
Sunday, August 14, 8:00–9:50 AM

If your clients want to be better runners, they need to start by running and training better. In this clinic learn how to use running form drills to become a better runner, and get a special insider's view of the best lessons and workouts for runners, including lactate threshold runs, VO₂max intervals and anaerobic capacity intervals.

Session 591: The Art and Science of Recovery (Lecture) with Jason Karp, PhD

Sunday, August 14, 2:10–4:00 PM

Recovery may be the most overlooked aspect of exercise. Improvements in fitness, however, occur during the recovery period between workouts, not during the workout itself. Get guidelines on how to recover optimally after workouts, since the recovery period is so important to maximize gains in fitness.



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."

Award Criteria ▲

- is a practicing industry professional spending at least 15 hours per week actually training clients one-on-one
- demonstrates exceptional leadership, business management, motivational and instructional skills
- inspires clients to greater personal growth and a higher level of fitness



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.

© 2009 by IDEA Health & Fitness Inc. All rights reserved. Reproduction without permission is strictly prohibited.

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.

RunCoachJason

Where Science Meets Training

Services

Running

In-Person & E-mail Coaching

Whether you want to run around the block or qualify for the Boston Marathon, get results you have never seen before with America's running expert as your private coach. Includes daily training program, in-person workouts, detailed guidance to maximize your potential, REVO₂LT Running Team™ membership and uniform, race analysis, and unlimited access to your coach.

Running Technique & Workout Consultation

To be a better runner, start by running better. Dr. Karp shows you proper running technique using specific drills and discusses with you how to make your training program more effective.

REVO₂LT Running Team™

Be part of an exclusive team atmosphere and attend weekly coached group workouts in San Diego. Emphasis is on preparing runners to meet individual goals and on team competitions. Membership includes coached workouts, team training program, uniform, travel opportunities to races, physiological testing, and PowerBar products.

Training Programs

Train for your next race the right way. Choose from 5K, 10K, half-marathon, and marathon programs for beginner, intermediate, and advanced runners. You can even have a program custom-made just for you.

Getting Fit

Personal Training

Transform your body and get in the best shape of your life with the most scientific, results-oriented personal training service available. Armed with expertise that few others in the fitness industry have, Dr. Karp makes you fit during these 60-minute sessions in your home or at various locations around San Diego.

Dr. Karp's Run-Fit Boot Camp

Get fit and torch calories with fun and social running-based group workouts throughout San Diego County. Workouts include intervals, hills, and supercharged circuits.

Books & DVDs

Transform your fitness with breakthrough training methods from Dr. Karp's books and DVDs. Subjects include marathon training, weight loss secrets, women's running, racing strategies, periodization, top running workouts, and more.

Seminars

Educational Presentations

A sought after dynamic speaker, Dr. Karp speaks to your group or at your next event on topics related to running and fitness, including the fat burning zone, fitness myths, running secrets, training program design, marathon training, and more.

Educational Clinics

Learn how to get fit, lose weight, or become a better runner at Dr. Karp's semi-annual clinics on running and fitness for runners, coaches, fitness professionals, and the general public.



Dr. Jason Karp is a nationally-recognized running coach and personal trainer, speaker, writer, and exercise physiologist. The 2011 IDEA Personal Trainer of the Year, he owns RunCoachJason.com, a state-of-the-science running coaching and personal training business in San Diego. He holds a Ph.D. in exercise physiology and is founder of REVO₂LT Running Team™. He writes for many international running, coaching, and fitness magazines and scientific journals, is the author of five books, including *101 Developmental Concepts & Workouts for Cross Country Runners*, *101 Winning Racing Strategies for Runners*, *Running for Women*, and *Running a Marathon For Dummies*, and is a frequent presenter at national fitness and coaching conferences.

RunCoachJason

3714 31st Street, Suite 2 • San Diego, CA 92104 • 619.546.8386

runcoachjason.com • jason@runcoachjason.com

RunCoachJason

Where Science Meets Training

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

“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

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

Sam Corbett

“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

Teaching/Speaking:

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

"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

"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

"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

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

"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 Presentations

Title	Event	Location	Date
<p>Top 7 Lessons for Coaching Runners</p> <p>Marathon Training 101: Chasing Pheidippides</p> <p>The Fat Burning Zone: Fact or Fiction?</p> <p>Periodization: The Golden Formula of Training, Stress, and Recovery</p> <p>The Inner Runner</p>	FILEX Fitness Convention	Sydney, Australia	April, 2012
<p>Exercise and the Female: What's Estrogen Got to Do with It?</p> <p>Dr. Karp's Run-Fit Boot Camp</p> <p>Fitness Myths, Misconceptions, and Misinformation</p>	FitnessFest	Scottsdale, AZ	April, 2012
<p>Fitness Myths, Misconceptions, and Misinformation (Keynote Presentation)</p> <p>The Great Debate – Resting Metabolism: Is It Hot or Not?</p> <p>Exercise and the Female: What's Estrogen Got to Do with It?</p> <p>The Fat Burning Zone</p>	Fitness.edu Spring Fitness Symposium	Salt Lake City, UT	April, 2012
<p>A Sound Body: How Exercise Improves Your Life</p>	Foster Youth Retreat	Temecula, CA	March, 2012
<p>Training for Endurance Events: Chasing Pheidippides</p> <p>The Science of Fitness and Weight Loss</p>	San Diego Science Festival	San Diego, CA	March, 2012
<p>The Runner's Clinic</p>	YMCA's Fitness Palooza	Encinitas, CA	March, 2012
<p>Exercise and the Female: What's Estrogen Got to Do with It?</p> <p>Exercise and Weight Loss: A Look at the Scientific Research</p> <p>The Great Debate – Resting Metabolism: Is It Hot or Not?</p>	ECA World Fitness Convention	New York, NY	March, 2012
<p>5 Lessons I Have Learned From Physiology and How They Can Make Your Athletes Faster Distance Runners</p> <p>Periodization for Distance Runners</p> <p>The Causes of Fatigue in Races and How to Combat Them</p>	Northern California All-Sports Clinic	Burlingame, CA	January, 2012

The Very Best Strategies for Successfully Completing Your Half-Marathon	VAVi Running Club	San Diego, CA	January, 2012
Fitness Myths, Misconceptions, and Misinformation	Club Industry Conference	Chicago, IL	October, 2011
The Inner Runner	Inner IDEA Conference	La Jolla, CA	October, 2011
Top 7 Lessons to Improve Your Running	YMCA's Fitness Palooza	San Diego, CA	September, 2011
Running and Fitness Myths, Misconceptions, and Misinformation	Lydiard Foundation Coaches Seminar	Boulder, CO	September, 2011
Top 7 Lessons for Coaching Distance Runners Using Periodization to Plan Programs	Arizona Track Coaches Association Cross Country Coaches Clinic	Scottsdale, AZ	August, 2011
The Runner's Clinic The Art and Science of Recovery Industry Trends Panel	IDEA World Fitness Convention	Los Angeles, CA	August, 2011
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	DCAC International Fitness Education Conference	Reston, VA	August, 2011
Lactate Threshold: Best O ₂ Bang For Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate Best Workouts for Runners	SCW Fitness MANIA	Atlanta, GA	July, 2011
Top 7 Lessons for Coaching Distance Runners Using Periodization to Plan Programs	Wings of America/Nike Coaches Clinic	Santa Fe, NM	June, 2011
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	SCW Fitness MANIA	Orlando, FL	May, 2011

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	FitnessFest	Scottsdale, AZ	April, 2011
How Running and Fitness Improve Your Business Life	STAR San Diego	San Diego, CA	April, 2011
The Resting Metabolic Rate Debate How to Work for Yourself as a Fitness Entrepreneur The Best Workouts for Runners Fitness Myths, Misconceptions, and Misinformation	SCW Fitness MANIA	Burlingame, CA	March, 2011
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 Science Festival	San Diego, CA	March, 2011
Training for Endurance Events	National Strength and Conditioning Association Personal Trainers Conference	Las Vegas, NV	March, 2011
Fitness Writing: Finding Your Inner Hemingway The Fat Burning Zone	ECA World Fitness Convention	New York, NY	March, 2011
The Very Best Strategies for Successfully Completing Your Marathon	Napa Valley Marathon College	Napa Valley, CA	March, 2011
Chasing Mercury, Battling Hercules: Periodization Training The Resting Metabolic Rate Debate Marathon Training 101: Chasing Pheidippides Fitness Myths, Misconceptions, and Misinformation	SCW Fitness MANIA	Philadelphia, PA	February, 2011
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	Northern California All-Sports Clinic	Burlingame, CA	January, 2011

Marathon Training 101 Myths, Misconceptions, & Misinformation Top 7 Lessons for Coaching Runners	ECA/THRIVE Fitness and Wellness Conference	Miami Beach, FL	December, 2010
How to Survive Your PhD: Secrets to Conquering the PhD Process	American College of Sports Medicine (Southwest Chapter) Conference	San Diego, CA	October, 2010
Myths, Misconceptions, and Misinformation Lactate Threshold: Best O ₂ Bang for Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate	SCW Fitness MANIA	Rosemont, IL	October, 2010
Fitness Writing: Finding Your Inner Hemingway Flexibility Training for Athletic Performance Running Drills and Technique to Make You Run Better Plyometrics Palooza	FitnessFest	Tucson, AZ	October, 2010
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	SCW Fitness MANIA	Dallas, TX	August, 2010
Chasing Mercury: Training to Combat Fatigue Building Your Training Program with Periodization	VO ₂ max Distance Running Clinic	San Diego, CA	August, 2010
Myths, Misconceptions, and Misinformation Lactate Threshold: Best O ₂ Bang for Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate	SCW Fitness MANIA	Atlanta, GA	July, 2010
How Athletes Get Energy: Physiology of Sprints, Jumps, and Throws Improving Speed, Strength, and Power with Periodization	USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp	Chula Vista, CA	June, 2010

Top 7 Lessons for Runners The Resting Metabolic Rate Debate Flexibility Training for Athletic Performance	FitnessFest	Scottsdale, AZ	April, 2010
Myths, Misconceptions, and Misinformation The Resting Metabolic Rate Debate Marathon Training 101: Chasing Pheidippides	SCW Fitness MANIA	Burlingame, CA	April, 2010
The Science of Exercise and Weight Loss The Science of Running a Marathon	San Diego Science Festival	San Diego, CA	March, 2010
How to Survive Your PhD	Alliant International University Graduate Student Symposium	San Diego, CA	February, 2010
Myths, Misconceptions, and Misinformation Lactate Threshold: Best O ₂ Bang for Your Buck The Resting Metabolic Rate Debate Chasing Mercury, Battling Hercules: Getting Fitter & Stronger with Periodization Training Best Workouts for Runners Marathon Training 101: Chasing Pheidippides	SCW Fitness MANIA	Philadelphia, PA	February, 2010
Writer's Block and War Stories of the PhD	University of Southern California Graduate and Professional Student Senate Panel	Los Angeles, CA	February, 2010
Periodization Training 5 Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner	Southern California All-Sports Clinic	Irvine, CA	January, 2010
Using Periodization to Plan Programs Combating Distance Running Fatigue Top 7 Lessons for Coaching Distance Runners	U.S. All-Star Track & Field/Cross Country Coaching Clinic	Atlantic City, NJ	December, 2009
Resting Metabolic Rate Debate	American College of Sports Medicine (Southwest Chapter) Conference	San Diego, CA	October, 2009

Myths, Misconceptions, and Misinformation Battling Hercules: Getting Fitter & Stronger with Periodization Training Top 7 Lessons for Coaching Distance Runners	FitnessFest	Tucson, AZ	October, 2009
Chasing Pheidippides: Marathon Training 101	IDEA World Fitness Convention	Anaheim, CA	August, 2009
The Science and Coaching of Distance Runners (symposium chair) Lungs and Legs: Entrainment of Breathing to Locomotion in Highly Trained Distance Runners (research presentation)	American College of Sports Medicine Conference	Seattle, WA	May, 2009
Top 10 Strategies for Successfully Completing Your First Marathon	San Diego Track Club	San Diego, CA	May, 2009
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 Personal Training Summit	San Diego, CA	April, 2009
The Science of Running a Marathon The Science of Exercise and Weight Loss	San Diego Science Festival	San Diego, CA	March, 2009
Chasing Pheidippides: Marathon Training 101 Chasing Mercury, Battling Hercules: Getting Fitter and Stronger with Periodization Training	ECA World Fitness Convention	New York, NY	February, 2009
Writing and Publishing What You Know	San Diego State University Writers' Conference	San Diego, CA	February, 2009
Physiological Secrets of Distance Running Lactate Threshold: Best O ₂ Bang for Your Buck Chasing Mercury: Training to Combat Fatigue Periodization Training	VO ₂ max Distance Running Clinic	San Diego, CA	January, 2009
Top 10 Strategies for Completing Your First Half-Marathon	VAVi Running Club	San Diego, CA	November, 2008

Physiology of Distance Running The Myth of Lactic Acid and the Causes of Fatigue Chasing Mercury: Training to Combat Fatigue Periodization Training	USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp	Chula Vista, CA	July, 2008
Physiological Secrets of Distance Running Lactate Threshold: Best O ₂ Bang for Your Buck Chasing Mercury: Training to Combat Fatigue Periodization Training	VO ₂ max Distance Running Clinic	San Diego, CA	July, 2008
Getting Fitter and Stronger with Periodization Training	American College of Sports Medicine Health & Fitness Summit	Long Beach, CA	March, 2008
Lactic Acid: Fatigue's Faulty Scapegoat Chasing Mercury: Training to Combat Fatigue	USA Track & Field Coaches Education Program Advanced Endurance Summit (Level 3 Certification)	Chicago, IL	July, 2007
Lactic Acid: Fatigue's Faulty Scapegoat Chasing Mercury: Training to Combat Fatigue	USA Track & Field Coaches Education Program Advanced Sprints/Hurdles Summit (Level 3 Certification)	Chicago, IL	July, 2007
Lactate Threshold: Best O ₂ Bang for Your Buck	Albuquerque Road Runners	Albuquerque, NM	May, 2007
Lactate Threshold: Best O ₂ Bang for Your Buck Planning Clients' Training With Periodization	IDEA Fitness Fusion	Rosemont, IL	April, 2007
The Secrets of Endurance Training and Performance	Sports Physiology course, University of New Mexico	Albuquerque, NM	March, 2007
Physiological Secrets of Distance Running Lactate Threshold: Best O ₂ Bang for Your Buck Periodization Training Endurance Training Research	VO ₂ max Distance Running Clinic	Albuquerque, NM	December, 2006
Marathon Training	Team In Training®	Albuquerque, NM	October, 2006
Training Characteristics of U. S. Olympic Marathon Trials Qualifiers (research presentation)	American Society of Exercise Physiologists Conference	Albuquerque, NM	March, 2006

Training Characteristics of U. S. Olympic Marathon Trials Qualifiers (research poster presentation)	American College of Sports Medicine Conference	Nashville, TN	June, 2005
The Efficacy of Chocolate Milk as a Recovery Aid (research poster presentation)	American College of Sports Medicine Conference	Indianapolis, IN	June, 2004
Endurance Training Research	U.S. Track Coaches Association Convention	Kansas City, MO	December, 2002
Running to Your Health	Road Runners Club of America Convention	Albuquerque, NM	May, 2001
Periodization	Club One	Oakland, CA	January, 2001
Endurance Training	U.S. Track Coaches Association Convention	Albuquerque, NM	November, 2000

Dr. Jason Karp Publications

BOOKS & BOOK CHAPTERS

Karp, J.R. *Running a Marathon For Dummies*. Hoboken, NJ: Wiley. In press (Fall 2012).

Karp, J.R. and Smith, C.S. *Running for Women*. Champaign, IL: Human Kinetics. In press (June 2012).

Karp, J.R. *101 Winning Racing Strategies for Runners*. Monterey, CA: Coaches Choice, 2012.

Karp, J.R. *101 Developmental Concepts & Workouts for Cross Country Runners*. Monterey, CA: Coaches Choice, 2010.

Karp, J.R. "The Components of Training for Distance Runners." In: Green, T. and Hunold-VanGundy, A. *The Ultimate Runner: Stories and Advice to Keep You Moving*. Deerfield Beach, FL: Health Communications, Inc., 2010, pp. 192-198.

Karp, J.R. "Training Theory." In: Green, T. and Hunold-VanGundy, A. *The Ultimate Runner: Stories and Advice to Keep You Moving*. Deerfield Beach, FL: Health Communications, Inc., 2010, pp. 242-248.

Karp, J.R. *How to Survive Your PhD: The Insider's Guide to Avoiding Mistakes, Choosing the Right Program, Working with Professors, and Just How a Person Actually Writes a 200-Page Paper*. Naperville, IL: Sourcebooks, Inc., 2009.

Karp, J.R. Chapter Contributor, "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.

Karp, J.R. *Directions for SPSS®: A Manual for Students in Statistics*. Bloomington, IN: RunCoachJason.com, 2004.

PEER-REVIEWED SCIENTIFIC ARTICLES

Loprinzi, P.D., Cardinal, B.J., Karp, J.R., and Brodowicz, G.R. Group Training in Adolescent Runners: Influence on VO₂max and 5-Km Race Performance. *Journal of Strength and Conditioning Research*. Oct. 2011, pp. 1-8.

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 Koralsztejn, 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.

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), pp. 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), pp. 78-91.

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

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

SCIENTIFIC ABSTRACTS

Karp, J.R. and Robergs, R.A. Lungs and Legs: Entrainment of Breathing to Locomotion in Highly Trained Distance Runners. *Medicine and Science in Sports and Exercise*. May 2009, 41(5), p. S33.

Karp J.R. Training Characteristics of the 2004 U.S. Olympic Marathon Trials Qualifiers. *Journal of Exercise Physiologyonline*. March 2006, 9(2).

Karp, J.R. and Stager, J.M. Training Characteristics of United States Olympic Marathon Trials Qualifiers. *Medicine and Science in Sports and Exercise*. May 2005, 37(5), p. S88.

Karp, J.R., Johnston, J.D., Tecklenburg, S., Mickleborough, T., Fly, A., and Stager, J.M. The Efficacy of Chocolate Milk as a Recovery Aid. *Medicine and Science in Sports and Exercise*. May 2004, 36(5), p. S126.

TRADE MAGAZINE & ONLINE ARTICLES

Karp, J.R. Five Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner. *Olympic Coach*. In press (Apr./May 2012).

Karp, J.R. The Art and Science of Recovery. *Modern Athlete & Coach*. In press (Apr. 2012).

Karp, J. The Errors of Our Running Ways. *Network: The Official Publication of Australian Fitness Network*. Spring 2012, pp. 13-15.

Karp, J.R. Do This, Not That. *ECA World Fitness: News For the Fitness Professional*. Winter 2011, pp. 8-11.

Karp, J.R. A Faster Runner: Five Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner. *Techniques for Track & Field and Cross Country*. Nov. 2011, 5(2), pp. 30-32,34,36,38-39.

Karp, J.R. The 8 Biggest Fitness Myths and Misconceptions. *Personal Training on the Net* (www.PTontheNet.com). Oct. 2011.

Karp, J.R. Busting Through Training Plateaus. *IDEA Fitness Journal*. May 2011, 8(5), pp. 32-34.

Karp, J.R. The Errors of Our Running Ways. *Techniques for Track & Field and Cross Country*. May 2011, 4(4), pp. 30-34.

Karp, J.R. Interval Training: The New and Better Way to Train Your Clients? *IDEA Fitness Journal*. Feb. 2011, 8(2), pp.31-34.

Karp, J. Cardio: Quality Over Quantity. *Personal Fitness Professional*. Jan./Feb. 2011, 17-19.

Karp, J.R. Exercising Into Thin Air. *IDEA Fitness Journal*. Oct. 2010, 7(9), pp.27-28,30-31.

Karp, J.R. Tapering. *Modern Athlete & Coach*. Oct. 2010, 48(4), pp. 28-30.

Karp, J.R. The Best Types of Cardio Equipment. *ECA World Fitness: News For the Fitness Professional*. Summer 2010, pp. 8-11.

Karp, J.R. Distance Running: How Much Mileage is Enough. *Modern Athlete & Coach*. July 2010, 48(3), pp. 20-23.

Karp, J.R. The Best Types of Cardio Equipment. *Personal Training on the Net* (www.PTontheNet.com). June 2010.

Karp, J.R. Exercising in the Heat. *IDEA Fitness Journal*. June 2010, 7(6), pp. 26-29.

Karp, J.R. Chasing Pheidippides: The Science of Endurance. *Techniques for Track & Field and Cross Country*. May 2010, 3(4), pp. 35-38.

Karp, J.R. A Primer on Muscles. *IDEA Fitness Journal*. May 2010, 7(5), pp. 29-35.

Karp, J.R. Five Lessons I Have Learned From Physiology and How They Can Make Your Clients Better Runners. *Personal Training on the Net* (www.PTontheNet.com). Apr. 2010.

Karp, J.R. Chasing Pheidippides: Marathon Training 101. *ECA World Fitness: News For the Fitness Professional*. Winter 2010, pp. 22-23.

Karp, J.R. Running Errors and How to Correct Them. *Personal Training on the Net* (www.PTontheNet.com). Jan. 2010.

Karp, J.R. The Science of Endurance. *New Studies in Athletics*. Dec. 2009, 24(4), pp. 9-14.

Karp, J.R. Muscle Fibers. *Personal Training on the Net* (www.PTontheNet.com). Nov. 2009.

Karp, J.R. Carbohydrates for Distance Runners. *Sports Nutrition Insider*. Autumn 2009, 2(4), pp. 39-41.

Karp, J.R. The Fat-Burning Zone. *IDEA Fitness Journal*. Oct. 2009, 6(9), pp. 23-25.

Karp, J.R. Chasing Pheidippides: The Science of Endurance. *Modern Athlete & Coach*. July 2009, 47(3), pp. 10-13.

Karp, J.R. Chasing Pheidippides: Marathon Training 101. *IDEA Fitness Journal*. June 2009, 6(6), pp. 27-31.

Karp, J.R. The Bare Bones. *IDEA Fitness Journal*. May 2009, 6(5), pp. 35-41.

Karp, J.R. Target Heart Rate. *Personal Training on the Net* (www.PTontheNet.com). Mar. 2009.

Karp, J.R. How Fast Can Johnny Run?: Assessing Sprinting Ability. *Track Coach*. Spring, 2009, 187, pp. 5974-5976.

Karp, J.R. The Three Metabolic Energy Systems. *IDEA Fitness Journal*. Feb. 2009, 6(2), pp. 26-29.

Karp, J.R. Mile After Mile: How Much Mileage is Enough? *Techniques for Track & Field and Cross Country*. Feb. 2009, 2(3), pp. 50-54.

Karp, J.R. Measuring Fitness Levels. *Personal Training on the Net* (www.PTontheNet.com). Jan. 2009.

Karp, J.R. Drop Sets. *Personal Training on the Net* (www.PTontheNet.com). Jan. 2009.

Karp, J.R. Muscle Activity and Body Position. *IDEA Fitness Journal*. Jan. 2009, 6(1), pp. 26-28.

Karp, J.R. Marathon des Sables. *Personal Training on the Net* (www.PTontheNet.com). Nov. 2008.

Karp, J.R. Chasing Pheidippides: The Science of Endurance. *IDEA Fitness Journal*. Oct. 2008, 5(9), pp. 28-31.

Karp, J.R. Weight Training Positions. *Personal Training on the Net* (www.PTontheNet.com). Oct. 2008.

Karp, J.R. Using Body-Weight Exercises. *IDEA Fitness Journal*. July/Aug. 2008, 5(7), p. 119.

Karp, J.R. Tapering for a Marathon. *Personal Training on the Net* (www.PTontheNet.com). July 2008.

Karp, J.R. Training Characteristics of U.S. Olympic Marathon Trials Qualifiers. *New Studies in Athletics*. June 2008, 23(2), pp. 31-37.

Karp, J.R. The Long View. *Techniques for Track & Field and Cross Country*. May 2008, 1(4), pp. 15-18.

Karp, J.R. The Top 3 Cardio Workouts. *Personal Training on the Net* (www.PTontheNet.com). May 2008.

Karp, J.R. Top 6 Lessons for Coaching Runners. *IDEA Fitness Journal*. May 2008, 5(5), pp. 30-33.

Karp, J.R. Resting Metabolic Rate Revisited. *Personal Training on the Net* (www.PTontheNet.com). Mar. 2008.

Karp, J.R. Strength Training and Resting Metabolic Rate. *Personal Training on the Net* (www.PTontheNet.com). Feb. 2008.

Karp, J.R. High-School P.E. Class Revisited. *IDEA Fitness Journal*. Feb. 2008, 5(2), pp. 32-35.

Karp, J.R. Research Update: Show Me The Treadmill! *Fitness Management*. Jan. 2008, 24(1), pp. 44-46.

Karp, J.R. My Love Affair With Lactate. *The Coach*. Winter 2007-2008, 39, pp. 62-67.

Karp, J.R. The Three Players of Distance Running: An In-Depth Look at Running Economy. *Track Coach*. Winter 2008, 182, pp. 5801-5806.

Karp, J.R. My Love Affair With Lactate. *Personal Training on the Net* (www.PTontheNet.com). Dec. 2007.

Karp, J.R. How Much Mileage is Enough? *The Coach*. Fall 2007, 38, pp. 27-32.

Karp, J.R. Carbohydrates and The Distance Runner: A Scientific Perspective. *The Coach*. Fall 2007, 38, pp. 50-59.

Karp, J.R. The Three Players of Distance Running: An In-Depth Look at Lactate Threshold. *Track Coach*. Fall 2007, 181, pp. 5782-5785,5793.

Karp, J.R. The Three Players of Distance Running: An In-Depth Look at VO₂max. *Track Coach*. Summer 2007, 180, pp. 5737-5742.

Karp, J.R. Strength Training and Distance Running. *The Coach*. Summer 2007, 37, pp. 27-33.

Karp, J.R. Personal Training and Cardio? *Fitness Management*. Jan. 2007, 23(1), pp. 42-43.

Karp, J.R. The Resting Metabolic Rate Debate. *Fitness Management*. Jan. 2007, 23(1), pp. 44-46.

Karp, J.R. Training Characteristics of U.S. Olympic Marathon Trials Qualifiers. *Track Coach*. Winter 2007, 178, pp. 5693-5698.

Karp, J.R. The Errors of Our Running Ways. *The Coach*. Autumn 2006, 35, pp. 47-50.

Karp, J.R. The Limits of Running Performance. *New Studies in Athletics*. Sept. 2006, 21(3), pp. 51-56.

Karp, J.R. Carbohydrates and The Distance Runner: A Scientific Perspective. *Track Coach*. Summer 2006, 176, pp. 5622-5627.

Karp, J.R. "I Can't Catch My Breath": Lungs and Distance Running Performance. *Track Coach*. Spring 2006, 175, pp. 5577-5579.

Karp, J.R. Weight Machines vs. Free Weights. *Fitness Management*. Feb. 2006, 22(2), pp. 50-52.

Karp, J.R. Lungs and Legs. *Track Coach*. Fall 2005, 173, pp. 5529-5530,5537.

Karp, J.R. My Love Affair With Lactate. *Track Coach*. Spring 2005, 171, pp. 5463-5465,5468.

Karp, J.R. FAQs on Fat. *IDEA Personal Trainer*. Sept. 2003, 14(8), p. 48.

Karp, J.R. Weight Training Q & A. *IDEA Personal Trainer*. July/Aug. 2003, 14(7), p. 48.

Karp, J.R. Endurance Training Research. *Modern Athlete and Coach*. Jan. 2003, 41(1), pp. 7-12.

Karp, J.R. Periodization Training. *Modern Athlete and Coach*. Oct. 2002, 40(4), pp. 21-26.

Karp, J.R. Endurance Training Research. *Track and Field Coaches Review*. Sept. 2002, 75(3), pp. 18-21.

Karp, J.R. and Kelley, L.C. Running at Altitude. *Track Coach*. Summer 2002, 160, pp. 5097-5100.

Karp, J.R. Top 10 Most Frequently Asked Questions in a Fitness Center (and Their Answers). *IDEA Health and Fitness Source*. Apr. 2002, 20(4), pp. 59-65.

Karp, J.R. Heart Rate Training for Improved Running Performance. *Track Coach*. Winter 2002, 158, pp. 5035-5039.

Karp, J.R. Metabolizing Fat and Carbohydrate. *Fitness Management*. Dec. 2001, 17(13), pp. 46-49.

Karp, J.R. and Kelley, L.C. Altitude and Figure Skating Performance. *Professional Skater Magazine*. Nov./Dec. 2001, 32(6), pp. 12-13,26.

Karp, J.R. I've Written the Training Program, Now What? *Track & Field Coaches Review*. June 2001, 74(2), pp. 17-21.

Karp, J.R. Designing Programs That Work Best for Your Clients. *Fitness Management online*, June 2001.

Karp, J.R. Muscle Fiber Types and Training. *Track Coach*. Spring 2001, 155, pp. 4943-4946.

Karp, J.R. Periodization Training. *Track Coach*. Winter 2001, 154, pp. 4905-4908.

Karp, J.R. Heart Rate Training. *Fitness Management*. Dec. 2000, 16(13), pp. 37-38.

Karp, J.R. Interval Training. *Fitness Management*. Aug. 2000, 16(9), pp. 46-48.

Karp, J.R. Periodization Training for Improved Performance. *Fitness Management*. June 2000, 16(7), pp. 38-41.

Karp, J.R. Training the Energy Systems. *Track & Field Coaches Review*. June 2000, 73(2), pp. 18-20.

Karp, J.R. A Primer on Periodization Training. *IDEA Health and Fitness Source*. May 2000, 18(5), pp. 23-29.

Karp, J.R. Flexibility for Fitness. *Fitness Management*. Apr. 2000, 16(5), pp. 52-54.

Karp, J.R. Strong on Group Strength Training. *IDEA Fitness Edge*. Nov./Dec. 1999, 2(5), pp. 1-7.

CONSUMER MAGAZINE & ONLINE ARTICLES

Karp, J.R. Take Two Runs a Day and Call Me in the Morning. *Trail Runner*. In press.

Karp, J.R. Got Cramps? *Trail Runner*. In press.

Karp, J. Chin Ups. *Duke City Fit*. Spring 2012, p. 21.

Karp, J. 10 Strategic Steps. *Athletics Weekly*. Mar. 15, 2012, pp. 56-57.

Karp, J. Moving on Up. *Athletics Weekly*. Jan. 26, 2012, pp. 36-37.

Karp, J.R. Getting Fit in 15 Minutes. *Colorado Runner*. Jan./Feb. 2012, 51, pp. 26-27.

Karp, J. Take in the Indoor Route. *Athletics Weekly*. Dec. 22, 2011, pp. 40-41.

Karp, J. 30-Minute Cardio Fat Buster. *Duke City Fit*. Winter 2011, p. 18.

Karp, J. Twitching Muscles. *Athletics Weekly*. Dec. 8, 2011, pp. 38-39.

Karp, J. Your Fuel Economy. *Athletics Weekly*. Nov. 17, 2011, pp. 42-43.

Karp, J. The Road to Success. *Athletics Weekly*. Oct. 20, 2011, pp. 38-39.

Karp, J. Fartlek Training. *Duke City Fit*. Autumn 2011, p. 22.

Karp, J. Lactate Love Affair. *Athletics Weekly*. Oct. 6, 2011, pp. 56-57.

Karp, J. Time for an Interval. *Athletics Weekly*. Aug. 18, 2011, pp. 36-37.

Karp, J. Improve Your 5km Time. *Athletics Weekly*. Aug. 4, 2011, pp. 36-37.

Karp, J.R. Power Training for Endurance Athletes. *San Diego News Room* (www.sandiegonewsroom.com). Jul. 2011.

Karp, J. Away From the Track. *Athletics Weekly*. Jun. 23, 2011, p. 43.

Karp, J.R. Hill Therapy: How to Train For Trail-Running's Ups and Downs. *Trail Runner*. Jun. 2011, 73, pp. 32,35.

Karp, J.R. Fartlek Training. *Ultra-Fit*. Jun. 2011, 21(5), pp. 102-103.

Karp, J.R. Go Hard. Go Long.: The Fat Burning Zone. *FINE*. Jun. 2011, 5(6), pp. 56-57.

Karp, J. Beautiful Back. *Duke City Fit*. Summer 2011, p. 8.

Karp, J.R. Top Three Cardio Workouts. *Air2Air*. May/Jun. 2011, 6, p. 20.

Karp, J.R. How to Make Your Workouts Better. *Colorado Runner*. May/Jun. 2011, 47, pp. 12,14.

Karp, J. Tired of Slowing Down? *Athletics Weekly*. May 26, 2011, pp. 31-33.

Karp, J. The Passing of Time. *Athletics Weekly*. May 12, 2011, pp. 32-33.

Karp, J.R. Magic Muscles. *Ultra-Fit*. May 2011, 21(4), pp. 102-104.

Karp, J.R. How to Train for the Rock 'n' Roll Marathon in 30 Days or Less. *San Diego Magazine*. May 2011, 63(5), p. 91.

Karp, J.R. Physiology Lessons: Four Sure-Fire Ways to Become a Faster Trail Runner. *Trail Runner*. May 2011, 72, pp. 30-32.

Karp, J.R. All About Gym Class. *FINE*. May 2011, 5(5), pp. 60-61.

Karp, J.R. How to Get the Most From Your Running. *Men's Fitness*. Apr. 2011.

Karp, J.R. Running Economy. *Ultra-Fit*. Apr. 2011, 21(3), pp. 84-86.

Karp, J.R. C is for Cardio. *FINE*. Apr. 2011, 5(4), pp. 118-119.

Karp, J. Getting Fit in 15 Minutes. *Duke City Fit*. Spring 2011, p. 14.

Karp, J.R. Racing Right: Tips For Your First Trail Race. *Trail Runner*. Mar. 2011, 71, pp. 20,22.

Karp, J.R. Upping the Ante: Transitioning From 10K to the Marathon. *Trail Runner*. Mar. 2011, 71, pp. 22-24.

Karp, J.R. Chasing Pheidippides: Marathon Training 101. *FINE*. Mar. 2011, 5(3), pp. 68-69.

Karp, J.R. From Good to Great. *Ultra-Fit*. Feb./Mar. 2011, 21(2) pp. 80-83.

Karp, J.R. Do This Not That. *FINE*. Feb. 2011, 5(2), pp. 78-79.

Karp, J. Better Training Endurance. *Athletics Weekly*. Feb. 24, 2011, pp. 36-37.

Karp, J. The Marathon in Three Steps. *Athletics Weekly*. Feb. 10, 2011, pp. 36-37.

Karp, J. Training for Better Endurance. *Athletics Weekly*. Jan. 27, 2011.

Karp, J. Using Oxygen Effectively. *Athletics Weekly*. Jan. 13, 2011, pp. 38-39.

Karp, J.R. 15 Minutes Fitness. *Ultra-Fit*. Jan. 2011, 21(1) pp. 80-83.

Karp, J.R. Supercharged Workouts to Get Rid of Holiday Fat. *FINE*. Jan. 2011, 5(1), pp. 28-29.

Karp, J. Tapering for a Performance Boost. *Athletics Weekly*. Dec. 23, 2010, pp. 42-43.

Karp, J.R. The Art of Tapering. *Ultra-Fit*. Dec. 2010, 20(9), pp. 70-73.

Karp, J. There's No "I" in Team: How to Find a Training Group. *Duke City Fit*. Winter 2010, p. 10.

Karp, J. Best Winter Sports Workouts. *Duke City Fit*. Winter 2010, p. 11.

Karp, J.R. Gain Traction: Transition to the Treadmill to Escape the Cold and Switch Up Your Routine. *Women's Running*. Nov./Dec. 2010, 41, pp. 61-63.

Karp, J.R. Turn on the Power: Energy System Specific Training. *Florida Running & Triathlon*. Nov./Dec. 2010, 24(6), pp. 60-61.

Karp, J. Running at a High Level. *Athletics Weekly*. Nov. 25, 2010, pp. 58-59.

Karp, J. Making Your Workouts Great. *Athletics Weekly*. Nov. 11, 2010, pp. 36-37.

Karp, J.R. Trial and Error: Common Running Mistakes and How to Fix Them. *Trail Runner*. Nov. 2010, 69, pp. 28-30.

Karp, J.R. Mileage vs. Time. *Triathlon Club of San Diego Tri News*. Nov. 2010, pp. 14-15,20.

Karp, J. More Power for Less Fuel. *Athletics Weekly*. Oct. 28, 2010, pp. 40-41.

Karp, J. Strength to Go the Distance. *Athletics Weekly*. Oct. 14, 2010, pp. 52-53.

Karp, J.R. Fat-Burning Zone. *San Diego News Room* (www.sandiegonewsroom.com). Oct. 2010.

Karp, J.R. Endurance Power. *Ultra-Fit*. Oct. 2010, 20(7), pp. 84-86.

Karp, J. Cool Calves. *Duke City Fit*. Autumn 2010, p. 12.

Karp, J.R. How Much Do You Need to Run? *Ultra-Fit*. Aug./Sept. 2010, 20(6), pp. 50-53.

Karp, J.R. Muscle Fatigue. *Triathlon Club of San Diego Tri News*. Aug. 2010, pp. 18-19.

Karp, J.R. Marathon Fuel. *San Diego News Room* (www.sandiegonewsroom.com). Aug. 2010.

Karp, J.R. Blast More Calories in Less Time: Short Workouts That Really Pay Off. *Shape.com*. July 2010.

Karp, J.R. Get Up to Speed: Prepare for Your First or Fastest 5K With This Eight-Week Training Program. *Women's Running*. July/Aug. 2010, 39, pp. 60-63.

Karp, J.R. "I Can't Catch My Breath": Lungs & Distance Running Performance. *Ultra-Fit*. July 2010, 20(5), pp. 76-78.

Karp, J.R. "I Can't Catch My Breath": Lungs and Running Performance. *San Diego News Room* (www.sandiegonewsroom.com). July 2010.

Karp, J. The High Cost of Fuel. *Athletics Weekly*. June 3, 2010, p. 40.

Karp, J.R. The Errors of Our Running Ways. *San Diego News Room* (www.sandiegonewsroom.com). June 2010.

Karp, J.R. Speed Dial: All Runners Can Get Fit Fast—and Have a Little Fun—by Playing with Their Pace. *Runner's World*. June 2010, 45(6), pp. 31-32.

Karp, J. Marathon Fuel. *Duke City Fit*. Summer 2010, pp. 20-21.

Karp, J.R. Lactate Threshold Training. *Ultra-Fit*. June 2010, 20(4), pp. 65-67.

Karp, J.R. Chasing Pheidippides: Training to Combat Marathon Fatigue. *Triathlon Club of San Diego Tri News*. June 2010, pp. 24-25,27.

Karp, J. Righting the Wrongs. *Athletics Weekly*. May 13, 2010, pp. 30-31.

Karp, J.R. Beyond Good: How to Turn Key Workouts Up a Notch or Two For Better Fitness and Faster Times. *Runner's World*. May 2010, 45(5), PP. 35-36.

Karp, J.R. Avoiding Running Errors. *Triathlon Club of San Diego Tri News*. May 2010, pp. 24-25,27.

Karp, J.R. Training to Combat Fatigue. *Ultra-Fit*. Apr./May 2010, 20(3), pp. 66-68.

Karp, J. Optimal Recovery is the Key. *Athletics Weekly*. Apr. 22, 2010, p. 57.

Karp, J. It's All Downhill From Here. *Duke City Fit*. Spring 2010, pp. 20-21.

Karp, J.R. Downhill Running. *Ultra-Fit*. Feb./Mar. 2010, 20(2), pp. 66-68.

Karp, J. Fighting Fatigue: All Systems Are Go! *Athletics Weekly*. Jan. 14, 2010, pp. 40-41.

Karp, J.R. All Downhill From Here. *Trail Runner*. Race Issue 2010, 63, pp. 10,13.

Karp, J. How Fast Should You Run? *Athletics Weekly*. Dec. 17, 2009, pp. 42-43.

Karp, J.R. 30 Minute Cardio Fat-Buster. *Ultra-Fit*. Dec. 2009, 19(9), pp. 67-69.

Karp, J. Bones. *Duke City Fit*. Winter 2009-2010, pp. 18-19.

Karp, J.R. Beat Winter Weight Gain. *Shape*. Dec. 2009, 29(4), pp. 114-119.

Karp, J.R. It's All Downhill From Here. *Colorado Runner*. Nov/Dec. 2009, 38, pp. 12-13.

Karp, J. Chest Essentials: How Much Should You Lift? *Maximum Fitness*. Nov./Dec. 2009, 4(21), p. 30.

Karp, J.R. Bones. *Ultra-Fit*. Nov. 2009, 19(8), pp. 64-67.

Karp, J.R. The Other Limiting Factor: How to Offset Muscle Fatigue. *Running Times*. Oct. 2009, 370, pp. 21,24.

Karp, J.R. Mountain Training. *Competitor*. Oct. 2009, p. 121.

Karp, J.R. Boost Your Recovery. *Ultra-Fit*. Oct. 2009, 19(7), pp. 64-67.

Karp, J. Training By Time. *Duke City Fit*. Autumn 2009, pp. 12-13.

Karp, J.R. "I Can't Catch My Breath": Lungs and Running Performance. *Washington Running Report*. Sept./Oct. 2009, 26(5), p. 40.

Karp, J. Chest Essentials: Bench Presses and Push-Ups. *Maximum Fitness*. Sept./Oct. 2009, 4(20), p. 22.

Karp, J. Breathe Easy. *Athletics Weekly*. Sept. 17, 2009, 64(38), pp. 36-37.

Karp, J.R. Run for Your Life. *SELF*. Aug. 2009, 31(8), p. 62.

Karp, J.R. Can Strength Training Make You a Faster Runner? *Ultra-Fit*. Aug. 2009, 19(6), pp. 64-67.

Karp, J.R. The Final 8 Weeks of Marathon Training. *Washington Running Report*. July/Aug. 2009, 26(4), pp. 40-41.

Karp, J. Run Your Best 26.2: The Final 8 Weeks of Marathon Training. *Colorado Runner*. July/Aug. 2009, 36, pp. 12,14-16.

Karp, J. Chest Essentials: How Long Should You Rest Between Sets? *Maximum Fitness*. July/Aug. 2009, 4(19), p. 22.

Karp, J.R. Beat Marathon Fatigue. *Ultra-Fit*. July 2009, 19(5), pp. 64-67.

Karp, J.R. Four Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner. *San Diego Running*. Apr.-July 2009, 49(2), pp. 12-16.

Karp, J.R. Training by Time. *Running Times*. June 2009, 367, pp. 25,28.

Karp, J.R. Free & Not So Free Energy: Understanding Energy Pathways. *Ultra-Fit*. June 2009, 19(4), pp. 65-67.

Karp, J.R. Free Weights vs. Weight Machines. *Max Sports & Fitness*. June 2009, 127, pp. 36-38.

Karp, J. The Myth of the Fat-Burning Zone. *Duke City Fit*. Summer 2009, pp. 14-15.

Karp, J.R. There is no "I" in Team: How to Find a Training Group. *Washington Running Report*. May/June 2009, 26(3), p. 53.

Karp, J.R. Training Characteristics of the 2004 U.S. Olympic Marathon Trials Qualifiers. *Marathon & Beyond*. May/June 2009, 13(3), pp. 66-76.

Karp, J. Chest Essentials: How Many Sets Do You Need? *Maximum Fitness*. May/June 2009, 4(18), p. 22.

Karp, J.R. Cruise Control. *Runner's World*. May 2009, 44(5), pp. 31,34.

Karp, J. Arms Essentials: Size Matters. *Maximum Fitness*. Mar./Apr. 2009, 4(17), p. 23.

Karp, J.R. Top 3 Cardio Workouts. *RoadRaceResults.com*. Apr. 2009.

Karp, J.R. Top 3 Cardio Workouts. *Sportstats.ca*. Apr. 2009.

Karp, J.R. Five Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner. *Duke City Fit*. Spring 2009, pp. 18-19,30.

Karp, J.R. The Go Fast Five: Five Physiological Lessons You Must Learn and How They Can Make You a Faster Runner. *Ultra-Fit*. Mar. 2009, 19(3), pp. 64-67.

Karp, J.R. 3K to 10K Fatigue. *San Diego Running*. Jan.-Mar. 2009, 49(1), pp. 13-14.

Karp, J.R. Do This, Not That. *Ultra-Fit*. Feb. 2009, 19(2), pp. 64-67.

Karp, J.R. Ultimate Training: Guide For 10K Through Ultramarathon. *Trail Runner*. Jan. 2009 (Annual Race Issue), 56, pp. 12,15-18.

Karp, J.R. Weight Machines vs. Free Weights. *Ultra-Fit*. Jan. 2009, 19(1), pp. 65-67.

Karp, J.R. Do This... Don't Do That. *Duke City Fit*. Winter 2008-2009, pp. 11-13.

Karp, J.R. Room to Move. *Hemispheres*. Dec. 2008, p. 32.

Karp, J.R. Running Errors. *Ultra-Fit*. Nov. 2008, 18(9), pp. 72-75.

Karp, J.R. Strength Training and the Distance Runner: A Scientific Perspective. *San Diego Running*. Aug.-Nov. 2008, 48(3), pp. 11-13.

Karp, J.R. Airport Health Clubs. *Hemispheres*. Oct. 2008.

Karp, J.R. 6 Simple Ways to Reach Your Best Body. *Shape*. Oct. 2008, 28(2), pp. 168-173.

Karp, J.R. The Best Types of Cardio Equipment. *Ultra-Fit*. Oct. 2008, 18(8), pp. 72-74.

Karp, J.R. Tapering for the Marathon. *Washington Running Report*. Sept./Oct. 2008, 24(5), pp. 44-45.

Karp, J.R. Activating Muscles: How to Change Body Position When Lifting Weights. *Duke City Fit*. Autumn 2008, pp. 14-15.

Karp, J.R. Fast-Twitch or Slow-Twitch: Which Type Are You? *Ultra-Fit*. Sept. 2008, 18(7), pp. 24-26.

Karp, J.R. The 7 Habits of Highly Effective Triathletes. *Colorado Runner*. July/Aug. 2008, 30, pp. 21-23.

Karp, J.R. Resting Metabolic Rate. *Ultra-Fit*. July 2008, 18(6), pp. 72-74.

Karp, J.R. My Love Affair With Lactate. *San Diego Running*. Apr.-July 2008, 48(2), pp. 8-10.

Karp, J.R. High School P.E. Class Revisited. *Duke City Fit*. Summer 2008, pp. 20-21.

Karp, J.R. Fitness News: Work Harder For a Healthy Heart; Oral Contraceptives & Weight Gain; Got Asthma? Eat Fish Oil. *Oxygen*. July 2008, 11(7), pp. 28,30.

Karp, J.R. Four Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner. *Running Times*. June 2008, 357, pp. 42-47.

Karp, J.R. Activating Muscles: How to Change Body Position When Lifting Weights. *Ultra-Fit*. June 2008, 18(5), pp. 72-74.

Karp, J.R. Chasing Pheidippides: Training to Combat Marathon Fatigue. *Marathon & Beyond*. May/June 2008, 12(3), pp. 41-45.

Karp, J.R. The Fat Burning Zone: Myth or Magic? *Ultra-Fit*. May 2008, 18(4), pp. 72-74.

Karp, J.R. Show Me The Treadmill: The Best Types of Cardio Equipment. *Duke City Fit*. Spring 2008, pp. 26-27.

Karp, J.R. Training Characteristics of U.S. Olympic Marathon Trials Qualifiers. *Colorado Runner*. Mar./Apr. 2008, 28, pp. 21-24.

Karp, J.R. The Top 3 Marathon Workouts. *San Diego Running*. Jan.-Apr. 2008, 48(1), pp. 11-13.

Karp, J.R. Carbohydrates and Distance Running: A Scientific Perspective. *Ultra-Fit*. Mar. 2008, 18(3), pp. 82-84.

Karp, J.R. The Road to London. *Ultra-Fit*. Feb. 2008, 18(2), pp. 76-78,80.

Karp, J.R. Fitness News: Losing Weight After Childbirth; Train Hard to Burn Fat; Are You Lifting Enough? *Oxygen*. Jan. 2008, 11(1), pp. 30,34.

Karp, J.R. The Errors of Our Running Ways. *San Diego Running*. Nov. 2007-Jan. 2008, 47(4), pp. 7-10.

Karp, J.R. Magic Muscles. *Duke City Fit*. Winter 2007-2008, pp. 12-13.

Karp, J.R. A Matter of Survival: Training to Combat Fatigue. *Running Times*. Dec. 2007, 352, pp. 28,30-33.

Karp, J.R. 7 Habits of Highly Effective Triathletes. *Triathlete*. Dec. 2007, 284, pp. 138-140.

Karp, J.R. Fitness News: Sore Muscles? Grab a Coffee. *Oxygen*. Dec. 2007, 10(12), p. 31.

Karp, J.R. Miles to Go Before I Sleep: How Much Mileage is Enough? *Colorado Runner*. Nov./Dec. 2007, 26, pp. 18-19,21.

Karp, J.R. How They Train: A Study of U.S. Olympic Marathon Trials Qualifiers. *Running Times*. Nov. 2007, 351, pp. 32-33.

Karp, J.R. Rare Air. *Running Times*. Nov. 2007, 351, pp. 14,16,18.

Karp, J.R. Better Body Series: Caveman Chest. *Ultra-Fit*. Nov. 2007, 17(8), pp. 66-68,70-71.

Karp, J.R. What's Your Fitness Level? *Ultra-Fit*. Nov. 2007, 17(8), pp. 42-46.

Karp, J.R. Fitness News: Plan, Commit, Achieve; Prevent Breast Cancer. *Oxygen*. Nov. 2007, 10(11), pp. 30,32.

Karp, J.R. Running Between the Lines. *Duke City Fit*. Autumn 2007, pp. 10-11.

Karp, J.R. So, You Want to Join a Gym? *Ultra-Fit*. Sept. 2007, 17(7), pp. 46-48.

Karp, J.R. Better Body Series: Cool Calves. *Ultra-Fit*. Sept. 2007, 17(7), pp. 66-68,70-71.

Karp, J.R. Fitness News: Take Your Interval Workouts to the Track; Exercise and Anemia; Care for Concentric?; Bench Press or Push-Up. *Oxygen*. Oct. 2007, 10(10), pp. 30-31,34.

Karp, J.R. Fitness News: What Time of Day Should You Exercise?; Don't Stretch for Strength; How Often Do You Need to Train?; Is Interval Training or Continuous Exercise Better for Burning Fat? *Oxygen*. Sept. 2007, 10(9), pp. 30-32,34.

Karp, J.R. Top 3 Fat Fighting Workouts. *Ultra-Fit*. Aug. 2007, 17(6), pp. 58-61.

Karp, J.R. Better Body Series: Popeye Biceps. *Ultra-Fit*. Aug. 2007, 17(6), pp. 66-68,70-71.

Karp, J.R. Fitness News: How Many Calories Am I Burning?; Drink Chocolate Milk for Optimal Recovery; Weights for Weight Loss; Do Your Liver a Favor: Get Moving; Order in the Gym. *Oxygen*. Aug. 2007, 10(8), pp. 30-32.

Karp, J.R. Fitness News: Train Smart; Gear Up for Your Asthma; When Should I Take a Supplement?; Pre-Exercise Nutrition; How Many Joints Should I Train? *Oxygen*. July 2007, 10(7), pp. 32-34,36.

Karp, J.R. Weight Training for Beginners. *Duke City Fit*. Summer 2007, pp. 10-11,13.

Karp, J.R. Better Body Series: Blitz Cellulite & Get Your Beach Legs. *Ultra-Fit*. June 2007, 17(5), pp. 64-66,68-69.

Karp, J.R. Fitness News: Train for Endurance to Burn More Fat; Exercise and Your Bones; How Do I Get Awesome Abs? *Oxygen*. June 2007, 10(6), pp. 34,35,38.

Karp, J.R. Summer Body Special: Nix Your UnderButt; Refine Your Abs. *Marie Claire*. June 2007, 14(6), pp. 204,207.

Karp, J.R. Hey! Back Off! Tapering for the Marathon. *Marathon & Beyond*. May/June 2007, 11(3), pp. 20-26.

Karp, J.R. The Top Three Marathon Workouts. *Washington Running Report*. May/June 2007, 23(3), p. 32.

Karp, J.R. Miles to Go Before I Sleep: How Much Mileage is Enough? *Running Times*. May 2007, 346, pp. 38-40,42-45.

Karp, J.R. Fitness News: De-training and Fitness; Carbohydrates and Immune Function; How Does Strength Improve? *Oxygen*. May 2007, 10(5), pp. 32-34.

Karp, J.R. Better Body Series: Beautiful Back. *Ultra-Fit*. May 2007, 17(4), pp. 64-66,68-69.

Karp, J.R. Better Body Series: Tighter Butt. *Ultra-Fit*. Apr. 2007, 17(3), pp. 64-66,68-69.

Karp, J.R. Fitness News: The Value of Recovery; Strength Versus Hypertrophy; Lifting Speed: Does It Matter?; When to Squeeze the Muscle?; Pick Up the Pace & Zap More Calories; Better Body Image With Weight Training. *Oxygen*. Apr. 2007, 10(4), pp. 28-30,32.

Karp, J.R. Turn on the Power: Energy System Specific Training. *Atlanta Sports & Fitness*. Apr. 2007.

Karp, J.R. The Top Three Cardio Workouts. *Duke City Fit*. Spring 2007, pp. 22-23.

Karp, J.R. The Top Three Marathon Workouts. *Colorado Runner*. Mar./Apr. 2007, 22, pp. 20-21.

Karp, J.R. The Top Three Marathon Workouts. *Atlanta Sports & Fitness*. Mar. 2007.

Karp, J.R. Better Body Series: Shapely Shoulders. *Ultra-Fit*. Feb. 2007, 17(2), pp. 64-66,68-69.

Karp, J.R. Get a Grip. *Oxygen*. Feb. 2007, 10(2), pp. 80-83.

Karp, J.R. Fitness News: Weight Machines Provide Greater Resistance Than Free Weights; Menstrual Cycle and Strength; Hill Running; Exercise More Often to Lower Blood Pressure. *Oxygen*. Feb. 2007, 10(2), pp. 29,32.

Karp, J.R. Turn on the Power: Energy System Specific Training. *Florida Running & Triathlon*. Jan./Feb. 2007, 20(1), pp. 26-27.

Karp, J.R. On Science and Running. *Marathon & Beyond*. Jan./Feb. 2007, 11(1), pp. 41-42.

Karp, J.R. The Top Three Marathon Workouts. *Marathon & Beyond*. Jan./Feb. 2007, 11(1), pp. 85-86,88.

Karp, J.R. Better Body Series: Fab Abs. *Ultra-Fit*. Jan. 2007, 17(1), pp. 64-69.

Karp, J.R. Fitness News: Exercise and Bone Density; Muscle Fibers; Is There a Fat-Burning Zone?; Fat Burns in a Carbohydrate Flame. *Oxygen*. Jan. 2007, 10(1), pp. 28,30,32.

Karp, J.R. "I Can't Catch My Breath": Lungs and Running Performance. *Duke City Fit*. Winter 2006-2007, pp. 6-7.

Karp, J.R. Fitness News: Do Muscles Have Tone?; Cardio and Your Health; Exercise and Metabolism. *Oxygen*. Dec. 2006, 9(12), pp. 28-30.

Karp, J.R. The Errors of Our Running Ways. *Florida Running & Triathlon*. Nov./Dec. 2006, 19(6), pp. 34-36.

Karp, J.R. Fitness News: Training Your Back; How Deep Should You Squat?; Periodize Your Training; Choose Your Parents Wisely; It's as Simple as a Normal Crunch; Eccentric Contractions. *Oxygen*. Nov. 2006, 9(11), pp. 28-30,32.

Karp, J.R. To Lift or Not to Lift: Put the Dumbbells Down—Why Distance Runners Don't Need Strength Training. *Running Times*. Oct. 2006, 340, pp. 22-23,25-26,28-29.

Karp, J.R. Recovery for Endurance Sports. *Personal Training on the Net* (PTontheNet.com). Oct. 2006.

Karp, J.R. Fitness News: Can Exercise Make You Smarter?; Bulging Female Muscles?; Can Stretching Prevent Injuries?; Greater Muscle Growth with Pre-Workout Protein. *Oxygen*. Oct. 2006, 9(10), pp. 26-27.

Karp, J.R. The Errors of Our Running Ways. *Duke City Fit*. Autumn 2006, pp. 24,25,30.

Karp, J.R. The Errors of Our Running Ways. *Colorado Runner*. Sept./Oct. 2006, 19, pp. 12-14.

Karp, J.R. "I Can't Catch My Breath": Lungs and Running Performance. *Running Times*. Sept. 2006, 339, p. 18.

Karp, J.R. Fitness News: Exercise for a Better Sex Drive; Have Exercise-Induced Asthma? Try Vitamin C; How Many Sets Do You Need to Gain Strength?; Fitness and Immunity. *Oxygen*. Sept. 2006, 9(9), pp. 26,28,30.

Karp, J.R. Is Bigger Better? The Muscular Truth About Tone and Stretching. *Trail Runner Inside Dirt e-zine*. Aug. 2006.

Karp, J.R. Fitness News: Exercise to Reduce Anxiety; Lungs and Exercise; Rehydrate After Your Workout. *Oxygen*. Aug. 2006, 9(8), p. 27.

Karp, J.R. The Magic of Muscles. *Her Sports*. July/Aug. 2006, 15, pp. 30-32.

Karp, J.R. The Errors of Our Running Ways. *Running Times*. July/Aug. 2006, 338, pp. 28,30-33.

Karp, J.R. Workout Express. *Shape*. July 2006, 25(11), p. 136.

Karp, J.R. Fitness News: Burn More Calories with Interval Training; Downhill Running; Your Menstrual Cycle and Bone Health. *Oxygen*. July 2006, 9(7), pp. 26-27.

Karp, J.R. Optimal Recovery. *Duke City Fit*. Summer 2006, pp. 12-13.

Karp, J.R. Fitness News: Cardio on an Empty Stomach?; Lactic Acid Doesn't Cause Muscle Burn; Want to Gain Strength? Get a Trainer; Free Weights Better Than Machines For Increasing Strength? *Oxygen*. June 2006, 9(6), pp. 25,26,28.

Karp, J.R. Turn on the Power: Energy System Specific Training. *Running Times*. May 2006, 336, pp. 16,57.

Karp, J.R. Running Between the Lines. *Atlanta Sports & Fitness*. May 2006, pp. 44-45.

Karp, J.R. Fitness News: Order in the Gym; Cooling Off; Post-Workout Chow; Cool Your Inflammation. *Oxygen*. May 2006, 9(5), pp. 26,28,30.

Karp, J.R. Workout Express. *Shape*. Apr. 2006, 25(8), p. 140.

Karp, J.R. The Burning Question. *Runner's World*. Apr. 2006, 41(4), pp. 80-83.

Karp, J.R. Your Ultimate Fat-Burning Cardio Program. *Oxygen*. Apr. 2006, 9(4), pp. 84-86.

Karp, J.R. Weight Training for Beginners. *Oxygen*. Winter 2006, Fat Loss Issue, pp. 32-35.

Karp, J.R. The Road to Recovery. *Atlanta Sports & Fitness*. Feb. 2006, pp. 25-26.

Karp, J.R. Speed, Strength, and Power Training for Endurance Athletes. *Florida Running & Triathlon*. Jan./Feb. 2006, 19(1), p. 23.

Karp, J.R. Optimal Recovery. *Trail Runner Inside Dirt e-zine*. Nov. 2005.

Karp, J.R. Workout Express. *Shape*. Nov. 2005, 25(3), p. 140.

Karp, J.R. Ask the Experts column: Hill training. *Runner's World*. Nov. 2005, 40(11), p. 36.

Karp, J.R. There's No "I" in Team: How to Find a Training Group. *Fitness Plus*. Oct. 2005, 21(10), p. 28.

Karp, J.R. Strength Training and the Distance Runner: A Scientific Perspective. *Running Times*. Oct. 2005, 330, pp. 22-24,26.

Karp, J.R. Chin-Ups, Push-Ups, and Hills. *Midwest Running*. July/Aug. 2005, 2(5), p. 18.

Karp, J.R. Endorphins—Alignment of the Moons. *Midwest Running*. July/Aug. 2005, 2(5), p. 19.

Karp, J.R. Show Me the Bagels: Glycogen as a Metabolic Fuel for Runners. *Marathon & Beyond*. July/Aug. 2005, 9(4), pp. 108-112.

Karp, J.R. Optimal Recovery. *Fitness Plus*. Apr. 2005, 21(4), p. 35.

Karp, J.R. Running Between the Lines: Track Running. *Fitness Plus*. Oct. 2004, 19(10), p. 22.

Karp, J.R. Speed, Strength, and Power Training for Endurance Athletes. *Fitness Plus*. July 2004, 16(7), p. 14.

Karp, J.R. Medical and Training Advice column: Training for marathon while playing other sports. *Runner's World*. Jan. 2002, 37(1), pp. 26-27.

Karp, J. Optimal Athletic Output: University of Calgary Lab Helps Olympic Hopefuls Go for the Gold. *Calgary Herald*. May 10, 1997, p. B6.

Karp, J. Making Your Writing Richer With Detail. *The Writing Room Newsletter*. Fall, 1996, pp. 2-3.

POEMS

Karp, J. This is Just to Say. *Treasured Poems of America*. Sistersville, WV: Sparrowgrass Poetry Forum Inc., 1994, p. 197.

Karp, J. Window Reflections. *American Collegiate Poets*. Los Angeles, CA: International Publications, 1994, p. 46.