

Jason R. Karp, Ph.D.

PRESENTATIONS

- 8/10 SCW Fitness MANIA, Dallas, TX
Chasing Mercury, Battling Hercules: Getting Fitter & Stronger with Periodization Training
Lactate Threshold: Best O₂ Bang for Your Buck
Marathon Training 101: Chasing Pheidippides
The Resting Metabolic Rate Debate
- 8/10 VO₂max Distance Running Clinic, San Diego, CA
Chasing Mercury: Training to Combat Fatigue
Building Your Training Program with Periodization
- 7/10 SCW Fitness MANIA, Atlanta, GA
Myths, Misconceptions, and Misinformation
Lactate Threshold: Best O₂ Bang for Your Buck
Marathon Training 101: Chasing Pheidippides
The Resting Metabolic Rate Debate
- 6/10 USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp, Chula Vista, CA
How Athletes Get Energy: Physiology of Sprints, Jumps, and Throws
Improving Speed, Strength, and Power with Periodization
- 4/10 FitnessFest, Scottsdale, AZ
Top 7 Lessons for Runners
The Resting Metabolic Rate Debate
Flexibility Training for Athletic Performance
- 4/10 SCW Fitness MANIA, Burlingame, CA
Myths, Misconceptions, and Misinformation
The Resting Metabolic Rate Debate
Marathon Training 101: Chasing Pheidippides
- 3/10 San Diego Science Festival, San Diego, CA
The Science of Exercise and Weight Loss
The Science of Running a Marathon
- 2/10 Alliant International University, San Diego, CA
How to Survive Your PhD
- 2/10 SCW Fitness MANIA, Philadelphia, PA
Myths, Misconceptions, and Misinformation
Lactate Threshold: Best O₂ 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
- 2/10 University of Southern California Graduate and Professional Student Senate Panel, Los Angeles, CA
Writer's Block and War Stories of the PhD
- 1/10 Southern California All-Sports Clinic, Irvine, CA

Periodization Training

5 Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner

- 12/09 U.S. All-Star Track & Field/Cross Country Coaching Clinic, Atlantic City, NJ
Using Periodization to Plan Programs
Combating Distance Running Fatigue
Top 7 Lessons for Coaching Distance Runners
- 10/09 American College of Sports Medicine (Southwest Chapter) Annual Conference, San Diego, CA
Resting Metabolic Rate Debate
- 10/09 FitnessFest, Tucson, AZ
Myths, Misconceptions, and Misinformation
Battling Hercules: Getting Fitter & Stronger with Periodization Training
Top 7 Lessons for Coaching Distance Runners
- 8/09 IDEA World Fitness Convention, Anaheim, CA
Chasing Pheidippides: Marathon Training 101
- 5/09 American College of Sports Medicine Annual Conference, Seattle, WA
The Science and Coaching of Distance Runners (symposium chair)
Lungs and Legs: Entrainment of Breathing to Locomotion in Highly Trained Distance Runners (research presentation)
- 5/09 San Diego Track Club, San Diego, CA
Top 10 Strategies for Successfully Completing Your First Marathon
- 4/09 San Diego Personal Training Summit, San Diego, CA
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
- 3/09 San Diego Science Festival, San Diego, CA
The Science of Running a Marathon
The Science of Exercise and Weight Loss
- 2/09 ECA World Fitness Convention, New York, NY
Chasing Pheidippides: Marathon Training 101
Chasing Mercury, Battling Hercules: Getting Fitter and Stronger with Periodization Training
- 2/09 San Diego State University Writers' Conference, San Diego, CA
Writing and Publishing What You Know
- 1/09 VO₂max Distance Running Clinic, San Diego, CA
Physiological Secrets of Distance Running
Lactate Threshold: Best O₂ Bang for Your Buck
Chasing Mercury: Training to Combat Fatigue
Periodization Training
- 11/08 Team VAVi Running Club, San Diego, CA
Top 10 Strategies for Completing Your First Half-Marathon

- 7/08 USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp, Chula Vista, CA
Physiology of Distance Running
The Myth of Lactic Acid and the Causes of Fatigue
Chasing Mercury: Training to Combat Fatigue
Periodization Training
- 7/08 VO₂max Distance Running Clinic, San Diego, CA
Physiological Secrets of Distance Running
Lactate Threshold: Best O₂ Bang for Your Buck
Chasing Mercury: Training to Combat Fatigue
Periodization Training
- 3/08 American College of Sports Medicine Health & Fitness Summit, Long Beach, CA
Getting Fitter and Stronger with Periodization Training
- 7/07 USA Track & Field Coaches Education Program Advanced Endurance Summit (Level 3 Certification), Chicago, IL
Lactic Acid: Fatigue's Faulty Scapegoat
Chasing Mercury: Training to Combat Fatigue
- 7/07 USA Track & Field Coaches Education Program Advanced Sprints/Hurdles Summit (Level 3 Certification), Chicago, IL
Lactic Acid: Fatigue's Faulty Scapegoat
Chasing Mercury: Training to Combat Fatigue
- 5/07 Albuquerque Road Runners, Albuquerque, NM
Lactate Threshold: Best O₂ Bang for Your Buck
- 4/07 IDEA Fitness Fusion, Chicago, IL
Lactate Threshold: Best O₂ Bang for Your Buck
Planning Clients' Training With Periodization
- 3/07 Sports Physiology course, University of New Mexico, Albuquerque, NM
The Secrets of Endurance Training and Performance
- 12/06 VO₂max Distance Running Clinic, Albuquerque, NM
Physiological Secrets of Distance Running
Lactate Threshold: Best O₂ Bang for Your Buck
Periodization Training
Endurance Training Research
- 10/06 Team In Training®, Albuquerque, NM
Marathon Training
- 3/06 American Society of Exercise Physiologists Annual Conference, Albuquerque, NM
Training Characteristics of U. S. Olympic Marathon Trials Qualifiers (research presentation)
- 6/05 American College of Sports Medicine Annual Conference, Nashville, TN
Training Characteristics of U. S. Olympic Marathon Trials Qualifiers (research poster presentation)
- 6/04 American College of Sports Medicine Annual Conference, Indianapolis, IN
The Efficacy of Chocolate Milk as a Recovery Aid (research poster presentation)
- 12/02 U.S. Track Coaches Association Annual Convention, Kansas City, MO

Endurance Training Research

- 5/01 Road Runners Club of America Annual Convention, Albuquerque, NM
Running to Your Health
- 1/01 Club One, Oakland, CA
Periodization
- 11/00 U.S. Track Coaches Association Annual Convention, Albuquerque, NM
Endurance Training