

Dr. Jason Karp Presentations

| Title | Event | Location | Date |
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| 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 | 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 |

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| <p>Marathon Training 101: Chasing Pheidippides</p> <p>Lactate Threshold: Best O₂ Bang for Your Buck</p> <p>How to Work for Yourself as a Fitness Entrepreneur</p> <p>Fitness Myths, Misconceptions, and Misinformation</p> | SCW Fitness MANIA | Orlando, FL | May, 2011 |
| <p>Fitness Writing: Finding Your Inner Hemingway</p> <p>Plyometrics Palooza</p> <p>Dr. Karp's Run-Fit Boot Camp</p> <p>Exercise and Weight Loss: A Look at the Scientific Research</p> | FitnessFest | Scottsdale, AZ | April, 2011 |
| <p>How Running and Fitness Improve Your Business Life</p> | STAR San Diego | San Diego, CA | April, 2011 |
| <p>The Resting Metabolic Rate Debate</p> <p>How to Work for Yourself as a Fitness Entrepreneur</p> <p>The Best Workouts for Runners</p> <p>Fitness Myths, Misconceptions, and Misinformation</p> | SCW Fitness MANIA | Burlingame, CA | March, 2011 |
| <p>Marathon Training 101: Chasing Pheidippides</p> <p>The Science of Fitness and Weight Loss</p> <p>Exercise and the Female: What's Estrogen Got to Do With It?</p> | San Diego Science Festival | San Diego, CA | March, 2011 |
| <p>Training for Endurance Events</p> | National Strength and Conditioning Association Personal Trainers Conference | Las Vegas, NV | March, 2011 |
| <p>Fitness Writing: Finding Your Inner Hemingway</p> <p>The Fat Burning Zone</p> | ECA World Fitness Convention | New York, NY | March, 2011 |
| <p>The Very Best Strategies for Successfully Completing Your Marathon</p> | Napa Valley Marathon College | Napa Valley, CA | March, 2011 |
| <p>Chasing Mercury, Battling Hercules: Periodization Training</p> <p>The Resting Metabolic Rate Debate</p> <p>Marathon Training 101: Chasing Pheidippides</p> <p>Fitness Myths, Misconceptions, and Misinformation</p> | SCW Fitness MANIA | Philadelphia, PA | February, 2011 |

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| <p>5 Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner</p> <p>Chasing Mercury: Getting Faster with Periodization</p> <p>The Causes of Fatigue and How to Combat Them</p> | Northern California All-Sports Clinic | Burlingame, CA | January, 2011 |
| <p>Marathon Training 101 Myths, Misconceptions, & Misinformation</p> <p>Top 7 Lessons for Coaching Runners</p> | ECA/THRIVE Fitness and Wellness Conference | Miami Beach, FL | December, 2010 |
| <p>How to Survive Your PhD: Secrets to Conquering the PhD Process</p> | American College of Sports Medicine (Southwest Chapter) Conference | San Diego, CA | October, 2010 |
| <p>Myths, Misconceptions, and Misinformation</p> <p>Lactate Threshold: Best O₂ Bang for Your Buck</p> <p>Marathon Training 101: Chasing Pheidippides</p> <p>The Resting Metabolic Rate Debate</p> | SCW Fitness MANIA | Rosemont, IL | October, 2010 |
| <p>Fitness Writing: Finding Your Inner Hemingway</p> <p>Flexibility Training for Athletic Performance</p> <p>Running Drills and Technique to Make You Run Better</p> <p>Plyometrics Palooza</p> | FitnessFest | Tucson, AZ | October, 2010 |
| <p>Chasing Mercury, Battling Hercules: Getting Fitter & Stronger with Periodization Training</p> <p>Lactate Threshold: Best O₂ Bang for Your Buck</p> <p>Marathon Training 101: Chasing Pheidippides</p> <p>The Resting Metabolic Rate Debate</p> | SCW Fitness MANIA | Dallas, TX | August, 2010 |
| <p>Chasing Mercury: Training to Combat Fatigue</p> <p>Building Your Training Program with Periodization</p> | VO ₂ max Distance Running Clinic | San Diego, CA | August, 2010 |

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| <p>Myths, Misconceptions, and Misinformation</p> <p>Lactate Threshold: Best O₂ Bang for Your Buck</p> <p>Marathon Training 101: Chasing Pheidippides</p> <p>The Resting Metabolic Rate Debate</p> | SCW Fitness MANIA | Atlanta, GA | July, 2010 |
| <p>How Athletes Get Energy: Physiology of Sprints, Jumps, and Throws</p> <p>Improving Speed, Strength, and Power with Periodization</p> | USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp | Chula Vista, CA | June, 2010 |
| <p>Top 7 Lessons for Runners</p> <p>The Resting Metabolic Rate Debate</p> <p>Flexibility Training for Athletic Performance</p> | FitnessFest | Scottsdale, AZ | April, 2010 |
| <p>Myths, Misconceptions, and Misinformation</p> <p>The Resting Metabolic Rate Debate</p> <p>Marathon Training 101: Chasing Pheidippides</p> | SCW Fitness MANIA | Burlingame, CA | April, 2010 |
| <p>The Science of Exercise and Weight Loss</p> <p>The Science of Running a Marathon</p> | San Diego Science Festival | San Diego, CA | March, 2010 |
| <p>How to Survive Your PhD</p> | Alliant International University | San Diego, CA | February, 2010 |
| <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> | SCW Fitness MANIA | Philadelphia, PA | February, 2010 |

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| 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 |

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| 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 |

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| 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 |