

## Jason R. Karp, Ph.D.

### PUBLICATIONS

#### PEER-REVIEWED SCIENTIFIC ARTICLES

Karp, J.R. Strength Training For Distance Running: A Scientific Perspective. *Strength and Conditioning Journal*. June 2010, 32(3), pp. 83-86.

Billat, V.L., Dupré, M., Karp, J.R., and Koralsztein, J.P. Mountaineering experience decreases the net oxygen cost of climbing Mont Blanc (4,808 m). *European Journal of Applied Physiology*. Apr. 2010, 108(6), pp. 1209-1216.

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.

#### BOOKS & BOOK CHAPTERS

Karp, J.R. and Smith, C.S. *Women's Running Bible*. Champaign, IL: Human Kinetics. In preparation.

Karp, J.R. *101 Developmental Concepts and 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.

## **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. 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 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 VO<sub>2</sub>max. *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.

### **MAGAZINE & ONLINE ARTICLES**

Karp, J.R. Marathon Fuel. *San Diego News Room* ([www.sandiegonewsroom.com](http://www.sandiegonewsroom.com)). August 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 Training*. 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](http://www.sandiegonewsroom.com)). July 2010.

Karp, J.R. The Errors of Our Running Ways. *San Diego News Room* ([www.sandiegonewsroom.com](http://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.