

# 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, REVO<sub>2</sub>LT 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.

#### REVO<sub>2</sub>LT 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 REVO<sub>2</sub>LT Running Team™. He writes for many international running, coaching, and fitness magazines and scientific journals, is the author of four books, including *101 Developmental Concepts & Workouts for Cross Country Runners*, *101 Winning Racing Strategies for Runners*, and *Running for Women*, and is a frequent presenter at national fitness and coaching conferences.

RunCoachJason

3714 31<sup>st</sup> Street, Suite 2 • San Diego, CA 92104 • 619.546.8386

runcoachjason.com • jason@runcoachjason.com