

November 25, 2011
FOR IMMEDIATE RELEASE

Contact:
Dr. Jason Karp
619-546-8386
jason@runcoachjason.com

RUNCOACHJASON.COM LAUNCHES NEW TRAINING PROGRAMS FOR RUNNERS

SAN DIEGO, CA – Planning to run a marathon or half-marathon in 2012? With nearly half a million people running marathons in the U.S. every year and millions more running races of other distances, where's a runner to turn to train properly? Now they can finally train smart with RunCoachJason.com's brand new 20-week training programs for 5K, 10K, half-marathon, and marathon for beginner, intermediate, and advanced levels of runners. Adding a unique twist, the intermediate and advanced 5K and 10K training programs are further divided into programs for endurance-type and speed-type runners. All programs include an overview and description, detailed workout instructions and explanations, and a complete, easy-to-read calendar-style training program.

"There is too much misinformation and too many cookie-cutter training programs available to runners these days," said coach, author, and exercise physiologist Dr. Jason Karp, founder of RunCoachJason.com and the 2011 IDEA Personal Trainer of the Year. "My goal was to develop smart and systematic training programs that will make runners feel like they're being coached."

To order a training program, go to <http://www.runcoachjason.com/trainingprograms>.

RunCoachJason.com is a state-of-the-science running coaching and personal training company based in San Diego, California. Through in-person and online coaching, fitness boot camps, seminars, clinics, and articles, books, and DVDs, RunCoachJason.com helps runners meet their physical potential through structured, smart training. To learn more, visit RunCoachJason.com.

RunCoachJason

3714 31st Street, Suite 2 • San Diego, CA 92104 • 619.546.8386
runcoachjason.com • jason@runcoachjason.com