



# Running Clinics & Workouts in the Park™

Presented by Dr. Jason Karp of RunCoachJason.com

Running Clinics & Workouts in the Park™ is a unique series of clinics and workouts for runners of all abilities. Get information you can't get anywhere else and then experience the creative workouts for yourself!

**Topics/Workouts include:**

- ★ **Running Secrets to Make You Faster/The Negative Split Workout** (Feb. 1)
- ★ **Top 10 Strategies for Successfully Completing a Marathon/Progression Run** (Feb. 8)
- ★ **Using Tempo Runs to Improve Your Endurance/Lactate Threshold Workout** (Feb. 15)
- ★ **How to Do Workouts at the Correct Speeds/VO<sub>2</sub>max Intervals** (Feb. 22)
- ★ **Optimal Nutrition for Distance Runners (presented by Kim Mueller, M.S., R.D.)/Aerobic Fartlek** (Mar. 1)
- ★ **5 Lessons From Physiology and How They Can Make You a Faster Runner/Anaerobic Capacity Intervals** (Mar. 8)

**Running Clinic/Workout Schedule**  
**Mondays @ 6:00 p.m.**

**February 1, 8, 15, & 22; March 1 & 8**

Nobel Athletic Fields (picnic tables)  
8810 Judicial Drive, San Diego, CA

\$10 per clinic or \$50 for all 6!

Pay on-site or on-line at  
[www.runcoachjason.com/runningclinics](http://www.runcoachjason.com/runningclinics).



## About the Host:

Dr. Jason Karp is a nationally-recognized speaker, writer, exercise physiologist, and owner of RunCoachJason.com. He holds a Ph.D. in exercise physiology and is director and coach of *REVO<sub>2</sub>LT Running Team*™. He writes for many international running, coaching, and fitness magazines and scientific journals and is a frequent presenter at national conferences.

For more information, contact Dr. Jason Karp at [jason@runcoachjason.com](mailto:jason@runcoachjason.com) or (619) 546-8386.