

RunCoach Jason

Where Science Meets Training

Seminars & Workshops

Chasing Mercury, Battling Hercules: Getting Fitter and Stronger with Periodization Training

Whether your client is interested in losing weight or training for a marathon, the best training programs are planned. Periodization, as a method for structuring programs with cycles, will help improve your clients' fitness and performance. This presentation discusses the use of training cycles and gives examples of how to periodize your training.

Fitness Myths, Misconceptions, and Misinformation

From lactic acid to stretching, resting metabolism to burning fat, there are many myths and misconceptions that pervade the fitness community. This informative, research-based presentation will shed a bright light on the biggest exercise and fitness myths and misconceptions, including resting metabolic rate and strength training, lactic acid and fatigue, exercising on an empty stomach, fat burning zone, and more!

Exercise and Weight Loss: A Look at the Scientific Research

A review of the scientific research on exercise and weight loss to reveal the most effective weight loss strategies. Includes research-based recommendations for amount, type, and intensity of exercise for maximum weight loss.

Top 3 Cardio Workouts

Whether your clients are lawyers, businessmen, or soccer moms, they all want to make the best use of their workout time. Research has shown that the intensity of exercise, rather than its volume and frequency, is more important for improving, and especially maintaining, fitness. So, if your clients have time for a few cardio workouts per week, 20 minutes of steady-state cardio on the elliptical trainer or stationary bike at an intensity easy enough to read a magazine while exercising isn't going to cut it. This presentation will discuss the top three cardio workouts for getting fit and burning calories.

The Fat Burning Zone

The most popular myth about exercise may be that there is a specific range of heart rates in which you must exercise to burn fat. Does such a "fat burning zone" really exist? What happens if your clients venture out of that zone? Is that dangerous? This enlightening presentation will examine the mythical fat burning zone.

Running Secrets to Make You Faster

Ever wonder why you get injured, what you should eat after a workout, or how to pace yourself to run your best race? Learn the secrets of running to keep you healthy and run faster than ever.

The Resting Metabolic Rate Debate

Many people are told that strength training adds muscle, increasing resting metabolic rate and helping them lose weight because muscles are "fat-burning machines." While metabolic rate is acutely elevated after a workout, it's not as certain that resting metabolic rate is increased. This presentation reviews the research on resting metabolic rate to discover the truth about this complex issue.

Marathon Training 101: Chasing Pheidippides

With over 300 marathons in the U.S. each year and a few hundred thousand people running them, it is likely that one of your clients is interested in running a marathon. This presentation will walk you through the process of preparing your clients for a marathon with advice on the most important workouts and tapering.

Top 7 Lessons for Coaching Runners

Imperfect training will prevent you from meeting your potential and can even cause injuries. This presentation takes both a scientific and coaching view of the training process and discusses some of the most important lessons for advising and coaching runners.

Dr. Karp's Run-Fit Boot Camp

Many boot camps are resistance training-based, using portable equipment or body weight exercises. Running burns more calories and makes you fitter than anything else. Get sculpted legs like a runner. Get a flat stomach like a runner. Get ripped arms like a runner. Be inspired like a runner. At Dr. Karp's Run-Fit Boot Camp, you'll get the best running workouts to motivate your clients and get them in the best shape of their lives! Experience a boot camp with America's running expert and leave with a list of running-based workouts for your clients. If you want to be fit, you need to be RUN-FIT!

Fitness Writing: Finding Your Inner Hemingway

Many fitness professionals own their own businesses, but struggle with getting the word out about their services. Writing for fitness publications is a great way to gain exposure and get noticed. This presentation discusses the steps for writing for consumer and trade publications and how to capture the attention of editors.

5 Lessons I Have Learned from Physiology and How They Can Make You a Faster Runner

From VO₂max to carbohydrates, metabolism to muscle fiber types, there are many lessons from physiology that can make you a better runner.

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