

Jason R. Karp, Ph.D.

Running & Fitness Coach, Freelance Writer & Author, and Exercise Physiologist

Dr. Jason Karp is owner of RunCoachJason.com, a coaching, personal training, and fitness consulting company, offering science-based coaching to runners of all levels, fitness training to the public, and consulting to coaches. He is a frequent presenter at national coaching, fitness, and academic conferences, including U.S. Track and Field and Cross Country Coaches Association, American College of Sports Medicine, American Society of Exercise Physiologists, IDEA Fitness Fusion, IDEA World Fitness Convention, SCW Fitness MANIA, ECA World Fitness Convention, and the San Diego State University Writers' Conference, among others. He has taught USA Track & Field's highest level coaching certification and was an instructor at the USATF/U.S. Olympic Committee's Emerging Elite Coaching Camp at the U.S. Olympic Training Center. He is also the founder and host of the VO₂max Distance Running Clinic, the San Diego Personal Training Summit, Dr. Karp's Run-Fit Boot Camp, and Running Clinics in the Park™.



He is a prolific writer, with over 100 articles published in numerous international coaching, running, and fitness trade and consumer magazines, including *Track Coach*, *Techniques for Track & Field and Cross Country*, *New Studies in Athletics*, *Running Times*, *Runner's World*, *Women's Running*, *Marathon & Beyond*, *Fitness Management*, *IDEA Fitness Journal*, *PTontheNet.com*, *Shape*, *Oxygen*, *SELF*, and *Maximum Fitness*, among others. He is also author of *How to Survive Your PhD* (Sourcebooks, 2009), *101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice, 2010), and the forthcoming *Women's Running Bible* (Human Kinetics, 2012).

In 1997, at the age of 24, Dr. Karp became one of the youngest head college coaches in the country, leading the Georgian Court University (N.J.) women's cross country team to the regional championship and was named NAIA Northeast Region Coach of the Year. During that time, he was also a personal trainer and a hospital fitness specialist. After moving to San Francisco, he coached two high school teams, helping a few athletes to win city championship titles and qualify for the state championships. He also coached the elite women's Impala Racing Team and recreational marathon runners for San Francisco Fit®. As a private coach and founder of *REVO₂LT Running Team*™, he has helped many runners meet their potential, ranging from a first-time race participant to an Olympic Trials qualifier. A competitive runner, Dr. Karp is a USA Track & Field certified coach and is sponsored by PowerBar as a member of PowerBar Team Elite™.

Dr. Karp received his Ph.D. in exercise physiology with a physiology minor from Indiana University in 2007, his master's degree in kinesiology from the University of Calgary in 1997, and his bachelor's degree in exercise and sport science with an English minor from Pennsylvania State University in 1995. His research has included motor unit recruitment during eccentric muscle contractions, post-exercise nutrition for optimal recovery in endurance athletes, training characteristics of Olympic Marathon Trials qualifiers, and the coordination of breathing and stride rate in highly trained distance runners. His research has been published in the scientific journals *Medicine and Science in Sports and Exercise*, *International Journal of Sport Nutrition and Exercise Metabolism*, and *International Journal of Sports Physiology and Performance*. Dr. Karp has taught at several universities and is adjunct faculty at Miramar College in San Diego, where he teaches applied exercise physiology.

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