

Dr. Jason Karp's Presentations & Workshops

REVO₂LUTION RUNNING™ Certification

This one-of-a-kind running certification teaches coaches and fitness professionals how to train people to run races, lose weight, and teach REVO₂LUTION RUNNING™ group treadmill interval classes in gyms based on the 3 physiological factors of running fitness and performance that gives the certification its name. Created by renowned running coach and IDEA Personal Trainer of the Year Dr. Jason Karp, the 8-hour CEC-approved course (ACE, NASM, AFAA, CanFitPro, PTA Global, WITS, & USA Triathlon) covers running physiology, technique, training, workouts, injuries, nutrition, and weight loss.

Understanding Interval Training: Chasing Zatopek

Once the training secret of the world's best runners, interval training has become the staple of every runner's training plan. How does interval training work? What are the best ways to use interval training? This presentation delves into the nitty gritty details and research of interval training, reveals the secrets of work periods and recovery intervals, and shares the three best interval workouts on the planet!

Training Female Runners: What's Estrogen Got to Do With It?

There are many differences between females and males in anatomy, physiology, hormones, and metabolism. So why do most training programs take a one-sex-fits-all approach? A female's training program should be strong enough for a man, but made for a woman. This presentation delves into the science of a woman, providing comprehensive information on training female runners based on their cardiovascular, hormonal, metabolic, muscular, and anatomical characteristics. Topics include the impact of the menstrual cycle and the female athlete triad, and how to use sex differences to their advantage.

14-Minute Metabolic Workouts

Distance runners don't typically like strength training; they rather run. So how do your athletes get the most benefit of strength training in the shortest time? 14-Minute Metabolic Workouts shows you how, with workouts that take 14 minutes or less. In this creative session based on Dr. Karp's book, you'll experience a number of scientifically-designed 14-minute metabolic workouts for your athletes!

Your Brain on Running: Running to a More Successful, Creative, and Confident You (Keynote)

Through running, we fulfill our destiny as physical beings, and on the foundation of a fitter physical being, we can build a better life. Philosophical yet scientific, this keynote, based on Dr. Jason Karp's book, *The Inner Runner*, explores how exercise affects our brains, our creativity, our confidence, and our ability to deal with difficult moments in our lives to discover the power that exercise holds for all of us.

The Inner Runner (Outdoor Run)

This unique workshop takes a mind-body view of running, examining how running affects every part of our lives and enables us to look inward—at the inner runner—to find out who we really are and to embrace the challenge of discovering our true selves. For many, running is a pathway to experiences and emotions that cannot always be articulated. They must be felt. Running guru and author of *The Inner Runner* Dr. Jason Karp will lead an inspiring outdoor group run, exploring what it means to be a runner and how running helps your athletes become the people they want to be.

Secrets of Running Injury Prevention

At least half of all runners deal with at least one injury per year, and 25 percent of runners are injured at any given time. There's really no good reason why so many runners should get injured. And yet it happens all the time, mostly because runners don't train intelligently or they follow programs that are faulty in design. In this presentation, running expert and coach Dr. Jason Karp gives you the secrets to prevent running injuries so you can run better and healthier.

The 3 Physiological Factors of Distance Running

This presentation takes you through a journey on the 3 physiological factors of distance running fitness and performance: Running Economy, VO₂max, and Lactate Threshold. You'll learn what they are, how each one influences performance, and how to design workouts to train them.



Running Myths, Misconceptions, and Misinformation

This informative presentation sheds a bright light on the biggest running myths, including lactic acid and fatigue, stretching, running faster to get faster, and more!

Busting Through Training Plateaus

Plateaus are boring. They're flat, unchanging, predictable. Many athletes reach a plateau, during which their fitness level doesn't change and they experience a period of stability and don't get any faster. In this presentation, you'll learn how to get your athletes to bust through their plateaus to reach higher levels of fitness and run PRs!

The Energy to Train

We usually talk of energy in vague terms. "I don't have a lot of energy today," or "You can feel the energy in the room." But what really is energy? Where do we get the energy to move and run? How do we use it? How do we get more of it? This presentation reviews the different metabolic systems that give us energy and shows you how to train each one with different kinds of workouts.

5 Lessons I Have Learned from Physiology and How They Can Make Your Athletes Faster

From VO₂max to carbohydrates and metabolism to muscle fibers, there are many lessons from physiology that can make your athletes better runners. In this presentation, Dr. Karp delves into some important lessons he's learned from the lab that you can take to the track and cross country course.

Fatigue in Distance Running Events

What are the causes of fatigue in races from 800 meters to the marathon? This presentation takes an in-depth look at the metabolic, cardiovascular, muscular, and neural causes of fatigue in distance running races and how to train to combat them.

Acidosis Threshold Training

The acidosis threshold (AT) is one of the most important physiological variables influencing running performance. It represents the fastest speed that can be sustained aerobically. This presentation defines AT, discusses how to determine AT pace, and shows you how to train it.

The Art and Science of Recovery

Recovery may be the most overlooked aspect of training. Improvements in fitness occur during the recovery period between workouts, not during the workouts themselves. During this presentation, you'll learn optimal post-workout recovery strategies and the secrets of designing recovery intervals during workouts.

