



Running For Women

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I wrote *Running for Women* because I love women. From a coaching and physiologist's perspective, I'm interested in how women's physiology influences their training and how they can capitalize on that. The book grew out of an idea I had about training women around their menstrual cycle. At the publisher's suggestion, it turned into a book on everything concerning women, including menopause, older runners, pregnancy, injuries, and nutrition, in addition to all the training.

Women runners are different anatomically, metabolically, and hormonally from men. They have a lot of issues that men never have to deal with, like the monthly fluctuation of hormones in their menstrual cycle, pregnancy, and menopause. These differences influence their physiology and how they should train as runners. The components of the training program are the same for both sexes—aerobic base training, lactate threshold training, aerobic power (VO₂ max) training, and speed and strength training. The differences lie in the program's objectives. Unlike a male runner's training program, which may only need tweaking based on fatigue, rate of adaptation, and outside of running circumstances (work, family, etc.), the female runner's training program incorporates more adjustments based on fluctuations of hormones and other female-specific conditions. The female runner's training program must always be open to change, moving a workout up or down based on how she feels, or backing off on the training load altogether when certain conditions arise. The amenorrhea, pregnancy, or anemia. The secret is knowing how and when to manipulate the training variables to optimize the work and maximize the results as she gets the largest return on her investment. So, while a female runner will do the same types of workouts as her male counterpart, she should do them in a way or at a time or even emphasize certain things that allow her to get the most bang for her buck and avoid injury.



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