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Jason Karp, PhD



It started with a race around the track in sixth grade in Marlboro, New Jersey. Little did Jason know how much it would define his career and life. A Brooklyn, New York native (you can take the boy out of Brooklyn, but you can't take Brooklyn out of the boy), he grew up playing baseball and soccer and running track.

It was intoxicating. The passion that Jason found as a kid for the science of athletic performance (one of his earliest questions was how baseball pitchers throw curveballs) placed him on a yellow brick road that he still follows as a coach, exercise physiologist, author, speaker, and creator of the REVO₂LUTION RUNNING™ certification program for coaches and fitness professionals around the world.

Dr. Karp has given hundreds of international lectures and has been a featured speaker at the world's top fitness conferences and coaching clinics, including Asia Fitness Convention, Indonesia Fitness & Health Expo, FILEX Fitness Convention (Australia), U.S. Track & Field and Cross Country Coaches Association Convention, American College of Sports Medicine Conference, IDEA World Fitness Convention, SCW Fitness MANIA, National Strength & Conditioning Association Conference, and CanFitPro, among others. He has been an instructor for USA Track & Field's level 3 coaching certification and for coaching camps at the U.S. Olympic Training Center.

At age 24, Dr. Karp became one of the youngest college head coaches in the country, leading the Georgian Court University women's cross country team to the regional championship and winning honors as NAIA Northeast Region Coach of the Year. As a high school track and field and cross country coach, he has produced state qualifiers and All-Americans. He currently coaches a wide variety of runners, including those on his elite team, REVO₂LUTION RUNNING ELITE.

A prolific writer, Jason is the author of 11 books: *Running Periodization* (in press), *The Inner Runner*, *Running a Marathon For Dummies*, *Run Your Fat Off*, *Lose it Forever*, *Sexercise*, *14-Minute Metabolic Workouts*, *Running for Women*, *101 Winning Racing Strategies for Runners*, *101 Developmental Concepts & Workouts for Cross Country Runners*, and *How to Survive Your PhD*. He is also editor of the sixth edition of *Track & Field Omnibook*. He has more than 400 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*, *Runner's World*, *Running Times*, *Women's Running*, *Marathon & Beyond*, *IDEA Fitness Journal*, *Oxygen*, *PTontheNet.com*, and *Shape*, among others. He also served as senior editor for Active Network and is the founder of and principal agent at JK Literary Agency.

Dr. Karp is a USA Track & Field certified coach, has been sponsored by PowerBar and Brooks, and was a member of the silver-medal winning United States masters team at the 2013 World Maccabiah Games in Israel.

For his contributions to the industry, Jason was awarded the 2011 IDEA Personal Trainer of the Year (the fitness industry's highest award), is a two-time recipient of the President's Council on Sports, Fitness, & Nutrition Community Leadership Award (2014, 2019), and was a 2019 finalist for Personal Fitness Professional Trainer of the Year and 2020 finalist for Association of Fitness Studios Influencer of the Year.

Dr. Karp received his PhD 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 Penn State University in 1995. He is currently pursuing his MBA at San Diego State University. His research has been published in several scientific journals, and he serves as a journal expert peer reviewer.