

Dr. Jason Karp Conference/Clinic Presentations

Event	Title	Location	Date
Indonesia Fitness & Health Expo (GOIFEX)	80/20: Nutrition vs. Exercise Book Writing Master Class See Jane & John Run: Offering Running Programs in Clubs The Inner Runner Dr. Karp's Run-Fit Boot Camp Top 7 Lessons for Coaching Runners Secrets of Running Injury Prevention Periodization: The Golden Formula of Training Stress and Recovery	Jakarta, Indonesia	February, 2019
Ohio Association of Track and Cross Country Coaches Clinic	The Art and Science of Recovery The 3 Physiological Players of Distance Running: VO ₂ max, Acidosis (Lactate) Threshold, & Running Economy Understanding Interval Training Running Myths, Misconceptions, & Misinformation Secrets of Preventing Running Injuries	Columbus, OH	January, 2019
TheFitExpo	Weight Loss Myth Busters	Anaheim, CA	August, 2018
29029 Endurance Hiking Challenge	Nutrition and Hydration for Endurance	Huntsville, UT	August, 2018
World Spinning & Sports Conditioning Conference	See Jane & John Run: Starting a Running Program in Your Club The Fat Burning Zone: Fact or Fiction? Running a Marathon For Dummies Training Females: What's up with Estrogen The Inner Runner	Miami, FL	June, 2018
FitnessFest	Weight Loss Myth Busters The Art and Science of Recovery The Inner Runner Understanding Interval Training	Mesa, AZ	April, 2018
actiFIT Asia	Running for Weight Loss Running a Marathon For Dummies The Inner Runner	Singapore	April, 2018
New England Track & Field Coaches Association Clinic	The Art and Science of Recovery Understanding Interval Training Fatigue in the Distance Events Training Female Athletes (Panel)	Framingham, MA	March, 2018

BAM Fitness Conference	Dr. Karp's Run-Fit Boot Camp Tabata Training: Finding Your Inner Sprinter	Chico, CA	February, 2018
TheFitExpo	Weight Loss Myth Busters The Fat Burning Zone	Los Angeles, CA	January, 2018
Iowa Track and Field Coaches Clinic	Lactate Threshold Training Understanding Interval Training Periodization of Training	Ames, IA	December, 2017
CanFitPro Vancouver Fitness Expo	Understanding Interval Training How to be a Better Runner in 4 Easy Steps Top 7 Lessons for Coaching Runners The Inner Runner Secrets of Running Injury Prevention	Vancouver, Canada	October, 2017
Club Industry Conference	14-Minute Metabolic Workouts See Jane & John Run: Starting a Running Program in Your Club	Chicago, IL	October, 2017
FitnessFest	Exercise & Weight Loss: A Review of the Scientific Research Secrets of Running Injury Prevention Dr. Karp's Run-Fit Boot Camp Morning Run with Coach Jason	Mesa, AZ	April, 2017
Viceroy's Way to Wellness	Fitness Myths Morning Holistic Runs	Zihuatanejo, Mexico	March, 2017
Michigan Interscholastic Track Coaches Association Clinic	Running Myths, Misconceptions, and Misinformation The Art and Science of Recovery Fatigue in Distance Events Periodization: The Golden Formula of Training Stress & Recovery	Lansing, MI	February, 2017
Ohio Association of Track and Cross Country Coaches Clinic	Top 7 Lessons for Coaching Distance Runners Understanding Interval Training Lactate Threshold Training Training Female Distance Runners The Art and Science of Recovery Running Myths, Misconceptions, & Misinformation	Columbus, OH	January, 2017
U.S. All-Star Track & Field and Cross Country Coaching Clinic	Understanding Interval Training Fatigue in the Distance Events	Atlantic City, NJ	December, 2016

World Spinning & Sports Conditioning Conference	Fitness Mythconceptions Understanding Interval Training The Inner Runner Busting Through Training Plateaus	Miami, FL	June, 2016
ECA World Fitness Convention	Resting Metabolism & Exercise: The Great Debate Top 7 Lessons for Coaching Runners Running Drills & Technique to Run Better	New York, NY	April, 2016
IDEA Personal Trainer Institute	Secrets of Injury Prevention for Runners Training for Endurance Events: Chasing Pheidippides	Alexandria, VA	February, 2016
Michigan Interscholastic Track Coaches Association Clinic	The 3 Players of Distance Running: VO ₂ max, Acidosis Threshold, & Running Economy Understanding Interval Training Training Female Distance Runners	Mount Pleasant, MI	November, 2015
Indonesia Fitness & Health Expo	Top 7 Lessons for Coaching Runners Understanding Interval Training Fitness Myths, Misconceptions and Misinformation Run-Fit Boot Camp The Fat-Burning Zone: Fact or Fiction?	Jakarta, Indonesia	September, 2015
IDEA World Fitness Convention	The Runner's Clinic Plyometrics Palooza	Los Angeles, CA	July, 2015
American Indian Running Coaches Clinic	A Lifetime of Passion for Running Better: My Journey from Runner to Physiologist to Coach	Santa Fe, NM	June, 2015
World Spinning & Sports Conditioning Conference	Energy The Inner Runner Busting Through Training Plateaus Top 7 Lessons for Coaching Runners	Miami, FL	May, 2015
USA Triathlon Level 1 Coaching Clinic	Exercise Physiology Running Skills and Training	Las Vegas, NV	October, 2014
IDEA World Fitness Convention	Busting Through Training Plateaus Running Secrets to Success: Skills and Drills for Trainers	Anaheim, CA	August, 2014
National Strength & Conditioning Association Conference	Understanding Interval Training	Las Vegas, NV	July, 2014

Blue Vision Fitness Academy	<p>Top 7 Lessons for Runners</p> <p>Training for Endurance Races</p> <p>The Art and Science of Recovery</p> <p>Treadmill Running Masterclass</p> <p>The Inner Runner</p> <p>Interval Training</p> <p>The 3 Players of Distance Running: Running Economy, VO₂max, & Lactate Threshold</p> <p>5 Lessons I have Learned From Physiology and How They Can Make You a Faster Runner</p> <p>Dr. Karp's Running Clinic</p>	Istanbul, Turkey	June, 2014
Indonesia Fitness & Health Expo	<p>Dr. Karp's Run-Fit Boot Camp</p> <p>The Science of Exercise and Weight Loss</p> <p>Fitness Myths, Misconceptions, and Misinformation</p> <p>Dr. Karp's Running Clinic</p> <p>Resting Metabolism: Is It Hot or Not?</p> <p>Interval Training</p>	Jakarta, Indonesia	May, 2014
Young Presidents' Organization/World Presidents' Organization Indonesia Runners	Marathon Training 101	Jakarta, Indonesia	May, 2014
Bonita Road Runners Banquet	Top 7 Lessons For Runners	Chula Vista, CA	January, 2014
She Runs Retreat	<p>Top 7 Lessons For Runners</p> <p>The Inner Runner</p>	San Diego, CA	November, 2013
Asia Fitness Convention	<p>Dr. Karp's Running Clinic</p> <p>Top 7 Lessons For Coaching Runners</p> <p>Women & Exercise: What's Estrogen Got to Do With It?</p> <p>The Inner Runner</p> <p>Energy</p>	Bangkok, Thailand	October, 2013
CanFitPro International Fitness and Club Business Conference	<p>The Best Workouts for Runners</p> <p>Periodization: The Golden Formula of Training Stress and Recovery</p> <p>The Fat Burning Zone: Fact or Fiction?</p> <p>Top Seven Lessons for Coaching Runners</p>	Toronto, Canada	August, 2013
TriSportan Triathlon Club	Top 7 Lessons for Runners	Hod Hasharon, Israel	July, 2013

USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp	Energy Systems The 3 Players of Distance Running: VO ₂ max, Acidosis (Lactate) Threshold, & Running Economy Training Concepts Training Female Distance Runners: What's Estrogen Got to Do with it? 5 Lessons I Have Learned From Physiology and How They Can Make Your Distance Runners Faster Fatigue in the Distance Events Chasing Mercury: Getting Faster with Periodization Running Technique Drills	Chula Vista, CA	July, 2013
Cardiovascular Disease Foundation	Fitness Myths, Misconceptions, & Misinformation	Carlsbad, CA	June, 2013
FitnessFest	The Inner Runner Exercise & Weight Loss: A Look at the Scientific Research Ask Dr. Jason! Dr. Karp's Hot Bod Boot Camp	Scottsdale, AZ	May, 2013
YMCA Fitness Palooza	Top 7 Lessons for Runners	San Diego, CA	April, 2013
Head to Toe Women's Expo	Top 7 Lessons for Runners	San Diego, CA	April, 2013
San Diego Festival of Science and Engineering	Getting Fit with Science Training for Endurance Events	San Diego, CA	March, 2013
American College of Sports Medicine Health & Fitness Summit	Busting Through Training Plateaus Running Concepts for the Fitness Professional	Las Vegas, NV	March, 2013
Northwest Track & Field Clinic	Top 7 Lessons for Coaching Distance Runners 5 Lessons I have Learned from Physiology and How They Make Your Distance Runners Faster Chasing Mercury: Getting Faster with Periodization	Seattle, WA	February, 2013
Indiana Association of Track and Cross Country Coaches Clinic	Running & Fitness Myths, Misconceptions, and Misinformation Top 7 Lessons for Coaching Distance Runners Fatigue in Distance Events Fatigue in Sprint Events Chasing Mercury: Getting Faster with Periodization	Indianapolis, IN	February, 2013

CanFitPro Personal Training and Group Fitness Conference	Fitness Myths, Misconceptions, & Misinformation Periodization: The Golden Formula of Training, Stress, and Recovery Top 7 Lessons for Coaching Runners The Inner Runner The Fat Burning Zone: Fact or Fiction?	Vancouver, Canada	November, 2012
YMCA Fitness Palooza	Fitness Myths, Misconceptions, and Misinformation Training for Endurance Events: Chasing Pheidippides	San Diego, CA	September, 2012
National Strength and Conditioning Association National Conference	Periodization: The Golden Formula of Training, Stress, and Recovery	Providence, RI	July, 2012
IDEA World Fitness Convention	The Runner's Clinic The Inner Runner Top Seven Lessons for Training Runners	San Diego, CA	July, 2012
FILEX Fitness Convention	Top 7 Lessons for Coaching Runners Marathon Training 101: Chasing Pheidippides The Fat Burning Zone: Fact or Fiction? Periodization: The Golden Formula of Training, Stress, and Recovery The Inner Runner	Sydney, Australia	April, 2012
FitnessFest	Exercise and the Female: What's Estrogen Got to Do with It? Dr. Karp's Run-Fit Boot Camp Fitness Myths, Misconceptions, and Misinformation	Scottsdale, AZ	April, 2012
Fitness.edu Spring Fitness Symposium	Fitness Myths, Misconceptions, and Misinformation (Keynote Presentation) The Great Debate – Resting Metabolism: Is It Hot or Not? Exercise and the Female: What's Estrogen Got to Do with It? The Fat Burning Zone	Salt Lake City, UT	April, 2012
Foster Youth Retreat	A Sound Body: How Exercise Improves Your Life	Temecula, CA	March, 2012
San Diego Science Festival	Training for Endurance Events: Chasing Pheidippides The Science of Fitness and Weight Loss	San Diego, CA	March, 2012
YMCA's Fitness Palooza	The Runner's Clinic	Encinitas, CA	March, 2012

ECA World Fitness Convention	Exercise and the Female: What's Estrogen Got to Do with It? Exercise and Weight Loss: A Look at the Scientific Research The Great Debate – Resting Metabolism: Is It Hot or Not?	New York, NY	March, 2012
Northern California Track & Field Clinic	5 Lessons I Have Learned From Physiology and How They Can Make Your Athletes Faster Distance Runners Periodization for Distance Runners The Causes of Fatigue in Races and How to Combat Them	Burlingame, CA	January, 2012
Club Industry Conference	Fitness Myths, Misconceptions, and Misinformation	Chicago, IL	October, 2011
Inner IDEA Conference	The Inner Runner	La Jolla, CA	October, 2011
YMCA's Fitness Palooza	Top 7 Lessons to Improve Your Running	San Diego, CA	September, 2011
Lydiard Foundation Coaches Seminar	Running and Fitness Myths, Misconceptions, and Misinformation	Boulder, CO	September, 2011
Arizona Track Coaches Association Cross Country Coaches Clinic	Top 7 Lessons for Coaching Distance Runners Using Periodization to Plan Programs	Scottsdale, AZ	August, 2011
IDEA World Fitness Convention	The Runner's Clinic The Art and Science of Recovery Industry Trends Panel	Los Angeles, CA	August, 2011
DCAC International Fitness Education Conference	Fitness Myths, Misconceptions, and Misinformation Exercise and the Female: What's Estrogen Got to Do With It? Lactate Threshold: The New and Best Way to Lose Fat and Improve Fitness	Reston, VA	August, 2011
SCW Fitness MANIA	Lactate Threshold: Best O ₂ Bang For Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate Best Workouts for Runners	Atlanta, GA	July, 2011
Wings of America/Nike Coaches Clinic	Top 7 Lessons for Coaching Distance Runners Using Periodization to Plan Programs	Santa Fe, NM	June, 2011

SCW Fitness MANIA	Marathon Training 101: Chasing Pheidippides Lactate Threshold: Best O ₂ Bang for Your Buck How to Work for Yourself as a Fitness Entrepreneur Fitness Myths, Misconceptions, and Misinformation	Orlando, FL	May, 2011
FitnessFest	Fitness Writing: Finding Your Inner Hemingway Plyometrics Palooza Dr. Karp's Run-Fit Boot Camp Exercise and Weight Loss: A Look at the Scientific Research	Scottsdale, AZ	April, 2011
STAR San Diego	How Running and Fitness Improve Your Business Life	San Diego, CA	April, 2011
SCW Fitness MANIA	The Resting Metabolic Rate Debate How to Work for Yourself as a Fitness Entrepreneur The Best Workouts for Runners Fitness Myths, Misconceptions, and Misinformation	Burlingame, CA	March, 2011
San Diego Science Festival	Marathon Training 101: Chasing Pheidippides The Science of Fitness and Weight Loss Exercise and the Female: What's Estrogen Got to Do With It?	San Diego, CA	March, 2011
National Strength and Conditioning Association Personal Trainers Conference	Training for Endurance Events	Las Vegas, NV	March, 2011
ECA World Fitness Convention	Fitness Writing: Finding Your Inner Hemingway The Fat Burning Zone	New York, NY	March, 2011
Napa Valley Marathon College	The Very Best Strategies for Successfully Completing Your Marathon	Napa Valley, CA	March, 2011
SCW Fitness MANIA	Chasing Mercury, Battling Hercules: Periodization Training The Resting Metabolic Rate Debate Marathon Training 101: Chasing Pheidippides Fitness Myths, Misconceptions, and Misinformation	Philadelphia, PA	February, 2011

Northern California Track & Field Clinic	5 Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner Chasing Mercury: Getting Faster with Periodization The Causes of Fatigue and How to Combat Them	Burlingame, CA	January, 2011
ECA/THRIVE Fitness and Wellness Conference	Marathon Training 101 Myths, Misconceptions, & Misinformation Top 7 Lessons for Coaching Runners	Miami Beach, FL	December, 2010
American College of Sports Medicine Southwest Chapter Conference	How to Survive Your PhD: Secrets to Conquering the PhD Process	San Diego, CA	October, 2010
SCW Fitness MANIA	Myths, Misconceptions, and Misinformation Lactate Threshold: Best O ₂ Bang for Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate	Rosemont, IL	October, 2010
FitnessFest	Fitness Writing: Finding Your Inner Hemingway Flexibility Training for Athletic Performance Running Drills and Technique to Make You Run Better Plyometrics Palooza	Tucson, AZ	October, 2010
SCW Fitness MANIA	Chasing Mercury, Battling Hercules: Getting Fitter & Stronger with Periodization Training Lactate Threshold: Best O ₂ Bang for Your Buck Marathon Training 101: Chasing Pheidippides The Resting Metabolic Rate Debate	Dallas, TX	August, 2010
VO ₂ max Distance Running Clinic	Chasing Mercury: Training to Combat Fatigue Building Your Training Program with Periodization	San Diego, CA	August, 2010

SCW Fitness MANIA	<p>Myths, Misconceptions, and Misinformation</p> <p>Lactate Threshold: Best O₂ Bang for Your Buck</p> <p>Marathon Training 101: Chasing Pheidippides</p> <p>The Resting Metabolic Rate Debate</p>	Atlanta, GA	July, 2010
USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp	<p>How Athletes Get Energy: Physiology of Sprints, Jumps, and Throws</p> <p>Improving Speed, Strength, and Power with Periodization</p>	Chula Vista, CA	June, 2010
FitnessFest	<p>Top 7 Lessons for Runners</p> <p>The Resting Metabolic Rate Debate</p> <p>Flexibility Training for Athletic Performance</p>	Scottsdale, AZ	April, 2010
SCW Fitness MANIA	<p>Myths, Misconceptions, and Misinformation</p> <p>The Resting Metabolic Rate Debate</p> <p>Marathon Training 101: Chasing Pheidippides</p>	Burlingame, CA	April, 2010
San Diego Science Festival	<p>The Science of Exercise and Weight Loss</p> <p>The Science of Running a Marathon</p>	San Diego, CA	March, 2010
Alliant International University Graduate Student Symposium	<p>How to Survive Your PhD</p>	San Diego, CA	February, 2010
SCW Fitness MANIA	<p>Myths, Misconceptions, and Misinformation</p> <p>Lactate Threshold: Best O₂ Bang for Your Buck</p> <p>The Resting Metabolic Rate Debate</p> <p>Chasing Mercury, Battling Hercules: Getting Fitter & Stronger with Periodization Training</p> <p>Best Workouts for Runners</p> <p>Marathon Training 101: Chasing Pheidippides</p>	Philadelphia, PA	February, 2010
University of Southern California Graduate and Professional Student Senate Panel	<p>Writer's Block and War Stories of the PhD</p>	Los Angeles, CA	February, 2010
Southern California Track & Field Clinic	<p>Periodization Training</p> <p>5 Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner</p>	Irvine, CA	January, 2010

U.S. All-Star Track & Field and Cross Country Coaching Clinic	Using Periodization to Plan Programs Combating Distance Running Fatigue Top 7 Lessons for Coaching Distance Runners	Atlantic City, NJ	December, 2009
American College of Sports Medicine Southwest Chapter Conference	Resting Metabolic Rate Debate	San Diego, CA	October, 2009
FitnessFest	Myths, Misconceptions, and Misinformation Battling Hercules: Getting Fitter & Stronger with Periodization Training Top 7 Lessons for Coaching Distance Runners	Tucson, AZ	October, 2009
IDEA World Fitness Convention	Chasing Pheidippides: Marathon Training 101	Anaheim, CA	August, 2009
American College of Sports Medicine Conference	The Science and Coaching of Distance Runners (symposium chair) Lungs and Legs: Entrainment of Breathing to Locomotion in Highly Trained Distance Runners (research presentation)	Seattle, WA	May, 2009
San Diego Personal Training Summit	The Resting Metabolic Rate Debate Exercise and Weight Loss: A Look at the Scientific Research Chasing Pheidippides: Marathon Training 101 Battling Hercules: Getting Fitter and Stronger with Periodization Training	San Diego, CA	April, 2009
San Diego Science Festival	The Science of Running a Marathon The Science of Exercise and Weight Loss	San Diego, CA	March, 2009
ECA World Fitness Convention	Chasing Pheidippides: Marathon Training 101 Chasing Mercury, Battling Hercules: Getting Fitter and Stronger with Periodization Training	New York, NY	February, 2009
San Diego State University Writers' Conference	Writing and Publishing What You Know	San Diego, CA	February, 2009
VO ₂ max Distance Running Clinic	Physiological Secrets of Distance Running Lactate Threshold: Best O ₂ Bang for Your Buck Chasing Mercury: Training to Combat Fatigue Periodization Training	San Diego, CA	January, 2009

USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp	Physiology of Distance Running The Myth of Lactic Acid and the Causes of Fatigue Chasing Mercury: Training to Combat Fatigue Periodization Training	Chula Vista, CA	July, 2008
VO ₂ max Distance Running Clinic	Physiological Secrets of Distance Running Lactate Threshold: Best O ₂ Bang for Your Buck Chasing Mercury: Training to Combat Fatigue Periodization Training	San Diego, CA	July, 2008
American College of Sports Medicine Health & Fitness Summit	Getting Fitter and Stronger with Periodization Training	Long Beach, CA	March, 2008
USA Track & Field Coaches Education Program Advanced Endurance Summit (Level 3 Certification)	Lactic Acid: Fatigue's Faulty Scapegoat Chasing Mercury: Training to Combat Fatigue	Chicago, IL	July, 2007
USA Track & Field Coaches Education Program Advanced Sprints/Hurdles Summit (Level 3 Certification)	Lactic Acid: Fatigue's Faulty Scapegoat Chasing Mercury: Training to Combat Fatigue	Chicago, IL	July, 2007
IDEA Fitness Fusion	Lactate Threshold: Best O ₂ Bang for Your Buck Planning Clients' Training With Periodization	Rosemont, IL	April, 2007
VO ₂ max Distance Running Clinic	Physiological Secrets of Distance Running Lactate Threshold: Best O ₂ Bang for Your Buck Periodization Training Endurance Training Research	Albuquerque, NM	December, 2006
American Society of Exercise Physiologists Conference	Training Characteristics of U. S. Olympic Marathon Trials Qualifiers (research presentation)	Albuquerque, NM	March, 2006
American College of Sports Medicine Conference	Training Characteristics of U. S. Olympic Marathon Trials Qualifiers (research poster presentation)	Nashville, TN	June, 2005
American College of Sports Medicine Conference	The Efficacy of Chocolate Milk as a Recovery Aid (research poster presentation)	Indianapolis, IN	June, 2004
U.S. Track Coaches Association Convention	Endurance Training Research	Kansas City, MO	December, 2002

Road Runners Club of America Convention	Running to Your Health	Albuquerque, NM	May, 2001
U.S. Track Coaches Association Convention	Endurance Training	Albuquerque, NM	November, 2000

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Live Courses

Location	Date
Santee, California	November, 2018
Ketchum, Idaho	October, 2018
Sarasota, Florida	September, 2018
Anchorage, Alaska	July, 2018
Mesa, Arizona	April, 2018
Calgary, Canada	April, 2018
Chico, California	February, 2018
Honolulu, Hawaii	February, 2018
Tel Aviv, Israel	January, 2018
Ames, Iowa	December, 2017
Reykjavik, Iceland	November, 2017
Boise, Idaho	November, 2017
Boulder, Colorado	November, 2017
Chicago, Illinois	October, 2017
Bangkok, Thailand	September, 2017
Singapore	September, 2017
Petaling Jaya, Malaysia	September, 2017
San Francisco, California	May, 2017
Albuquerque, New Mexico	May, 2017
Mesa, Arizona	April, 2017
San Diego, California	February, 2017
Rancho Santa Margarita, California	October, 2016
Seattle, Washington	September, 2016
Raleigh, North Carolina	September, 2016
New York, New York	August, 2016
Sacramento, California	July, 2016
Pittsburgh, Pennsylvania	June, 2016
Ghent, Belgium	April, 2016
New York, New York	April, 2016
Taipei, Taiwan	January, 2016
Shanghai, China	January, 2016

Manila, Philippines	January, 2016
Singapore	January, 2016
Long Beach, California	January, 2016
Montreal, Canada	November, 2015
San Diego, California	October, 2015
Santa Clara, California	October, 2015
Chicago, Illinois	October, 2015
Petaling Jaya, Malaysia	September, 2015
Bangkok, Thailand	September, 2015
Nutley, New Jersey	August, 2015
West Long Branch, New Jersey	August, 2015
Laguna Niguel, California	July, 2015
Mansfield, Texas	June, 2015