

# Jason Karp's Presentations & Workshops

## **REVO<sub>2</sub>LUTION RUNNING™ Certification**

The only running-specific certification in the fitness industry provides education and training for personal trainers, group exercise instructors, and coaches and trains them to train clients who run. The one-day course, which comes with a lot of CECs, covers running physiology, technique, training, workouts, injuries, nutrition, and weight loss. Created by renowned running expert and IDEA Personal Trainer of the Year Dr. Jason Karp, the REVO<sub>2</sub>LUTION RUNNING™ certification gives you the credibility of being a proficient run coach, enables you to teach REVO<sub>2</sub>LUTION RUNNING™ classes, and gives you the tools to design run training programs for weight loss and for 5Ks to marathons.

## **Understanding Interval Training: Chasing Zatopek**

Once the training secret of the world's best runners, interval training has become the new buzz among fitness pro. Everyone is doing it, from competitive athletes to grandma next door. Although interval training is the fastest way to get fit, many fitness professionals don't know much about it. 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!

## **Running a Marathon For Dummies**

From the time the ancient Greek runner Pheidippides ran from Marathon to Athens to announce the Greeks' victory in the Battle of Marathon, humans have had a compelling interest with endurance. With over 300 marathons in the U.S. each year and half a million people running them, running a marathon is a big deal. This informative presentation based on Dr. Jason's book of the same name, will discuss the cardiovascular, muscular, and metabolic factors that influence marathon performance and then discuss how to best train all of those factors to successfully prepare for a marathon.

## **See Jane & John Run: Starting a Running Program in Your Club**

Running is America's most popular exercise, with 20 million people running a race each year. It is also the most effective exercise to burn calories, lose weight, and change people's lives. So why do most gyms neglect it? In this presentation, running guru Dr. Jason Karp, creator of the REVO<sub>2</sub>LUTION RUNNING™ certification, shows you how to start a running program at your club and make a profit off the largest segment of the fitness market.

## **REVO<sub>2</sub>LUTION RUNNING™: The New Treadmill Workout Experience**

What do you get when you mix a treadmill with group exercise with that place deep inside of you that no one else is privy to? REVO<sub>2</sub>LUTION RUNNING™! Created by renowned running expert and IDEA Personal Trainer of the Year Dr. Jason Karp, REVO<sub>2</sub>LUTION RUNNING™ is where Spinning meets the treadmill! During specific science-based treadmill workouts, including isolated intervals and team relays, you'll get twice the workout of indoor cycling in half the time. Get sculpted legs, a flat stomach, unbridled self-confidence, and an inspiration that burns inside of you for the rest of your life. Join Dr. Jason as we turn group exercise on its feet for this one-of-a-kind indoor running experience!

## **The Inner Runner: Running to a More Successful, Creative, and Confident You (Keynote)**

Why does running, the most popular form of exercise, have so much impact on so many people? Running gives us a chance to discover and challenge ourselves and, in so doing, become someone better than we currently are. This keynote lecture, based on Dr. Karp's book, draws on Dr. Jason's experiences, feelings, anecdotes, personal revelations, and commentary, from 33 years of running and 18 years of coaching. Philosophical yet scientific, this lecture is as much about life as it is about running, drawing upon the research on running's effects on hormones, the brain, and our bodies to discover the power that running holds for all of us.

## **The Inner Runner (Workshop)**

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 group run, exploring what it means to be a runner and how running helps you become the person you want to be.

## **Fitness Myths, Misconceptions, and Misinformation**

From lactic acid to stretching and resting metabolism to burning fat, there are many myths in the fitness industry. This informative, research-based presentation will shed a bright light on the biggest exercise and fitness myths and misconceptions, including resting metabolic rate and strength training, lactic acid and fatigue, exercising on an empty stomach, the fat burning zone, and more!



## **Women and Exercise: What's Estrogen Got to Do With It?**

There are many differences between women and men 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 clients based on their cardiovascular, hormonal, metabolic, muscular, and anatomical characteristics. Topics include the impact of the menstrual cycle, pregnancy, menopause, and the female athlete triad, and how to use sex differences to your advantage.

## **14-Minute Metabolic Workouts**

Want the most effective workouts in the shortest possible time? 14-Minute Metabolic Workouts is the solution to everyone's time problem, giving your clients great results in 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 to use with your clients and develop new programming immediately!

## **Top 7 Lessons for Coaching Runners**

Imperfect training will prevent you from meeting your potential and can even cause injuries. This presentation takes both a scientific and coaching view of the training process and discusses some of the most important lessons for advising and coaching runners.

## **The Energy to Exercise**

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? 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.

## **The Great Debate—Resting Metabolism: Is It Hot or Not?**

Many people are told that strength training adds muscle mass, increasing resting metabolic rate so they can burn more calories all day, which can help them lose weight. While scientific research has documented that metabolic rate is acutely elevated after a workout, resting metabolism is not chronically increased. This presentation reviews the research on the effects of aerobic exercise and strength training on resting metabolic rate to discover the truth about this complex issue. Leave with a deeper understanding of resting metabolism and how to educate your clients on its effects.

## **Dr. Karp's Run-Fit Boot Camp**

Many boot camps are resistance training-based, using portable equipment or body weight exercises. Running burns more calories and makes you fitter than anything else. Experience a boot camp with America's running expert and leave with a list of running-based workouts, including running intervals, running and body-weight resistance exercise circuits, and hill sprints. If you want to be fit, you need to be RUN-FIT!

## **The Art and Science of Recovery**

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

## **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.

## **Tabata Training: Finding Your Inner Sprinter**

Tabata training has become a popular method of training in the fitness industry, but too many instructors have altered the workout to fit their own needs, losing the value of the training in the process. In this session, you'll learn the what, how, and why of real Tabata training, and experience the exact workout used in Dr. Tabata's research, leaving you gasping for breath and an engine that'll burn calories the rest of the conference!

## **Busting Through Training Plateaus**

Plateaus are boring. They're flat, unchanging, predictable. Many clients reach a plateau, during which their fitness level doesn't change and they experience a period of stability: they can't lose more weight, they can't seem to create a leaner look, they can't increase the number of reps they lift or lift a heavier weight. In this insightful presentation, you'll learn how to get your clients to bust through their plateaus to reach higher levels of fitness and achieve greater results!



### **The Top 3 Cardio Workouts**

Whether your clients are lawyers, businessmen, or soccer moms, they all want to see results from their workouts as fast as possible. Twenty minutes of steady-state cardio on the elliptical trainer or stationary bike at an intensity easy enough to read a magazine while exercising isn't going to cut it. What are the most potent workouts for getting fit? In this creative blend of simultaneous lecture and workshop, with activity and lecture going on at the same time, you'll learn all the specifics of the top 3 cardio workouts for burning calories and pushing fitness through the roof, with volunteers demonstrating each workout.

### **The Fat Burning Zone: Fact or Fiction?**

The most popular myth about exercise may be that there is a specific range of heart rates in which you must exercise to burn fat. Does such a "fat burning zone" really exist? What happens if you venture out of that zone? Is that dangerous? This enlightening presentation will examine the mythical fat burning zone, the specifics of fat use during and after exercise, and the real secrets to how to lose fat and become a better fat-burning machine!

### **Exercise and Weight Loss: A Review of the Scientific Research**

While weight loss remains the largest issue for people who exercise at health clubs and hire personal trainers, most fitness professionals are not familiar with the scientific research on this important topic, often relying on what's presented by the popular media. This presentation critically reviews the scientific research on exercise and weight loss to reveal the most effective weight loss strategies, including how much, what types, and at what intensities to exercise. Attendees will gain a complete understanding of the research so that they can better educate and help their clients.

### **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.

### **5 Lessons I Have Learned from Physiology and How They Can Make You a Better Runner**

From VO<sub>2</sub>max to carbohydrates, metabolism to muscle fibers, there are many lessons from physiology that can make you a better runner. In this presentation, Dr. Karp delves into some important lessons he's learned for runners.

### **Book Writing Master Class**

Whether you work as a trainer in a gym or for yourself, writing magazine articles and books is a great way to gain exposure and distinguish yourself as an expert. From publishers to platforms and agents to authorship, eight-time bestselling book author Dr. Jason Karp shares his successful method and shows you how to develop a book idea and write a book proposal to submit to a publisher. You may even score an introduction to his agent. Time to write. Sharpen your pencil.

### **Periodization: The Golden Formula of Training Stress & Recovery**

Periodization is a proven method for structuring training programs that optimizes stress and recovery to elicit positive physiological adaptations. This presentation provides an overview of the theory of periodized training, reviews research findings, discusses the use of training cycles, and provides examples of how to properly periodize training programs.

### **Dr. Karp's Running Clinic**

If your clients want to be better runners, they need to start by running and training better. This interactive clinic teaches you how to run better through the application of running form drills and offers a special insider's view to the best lessons and workouts for runners, including lactate threshold runs, VO<sub>2</sub>max intervals, and anaerobic capacity intervals. During the clinic, you'll get a scientific and coaching view of the training process from America's running expert, experience different workouts for yourself, and leave with a new knowledge of running!

### **Weight Loss Myth Busters**

With all of the gyms, personal trainers, fitness instructors, fancy shmancy workout programs, magazines, and books telling us how to lose weight, why is America still fat? In this insightful presentation, you'll be taken on a myth-busting ride through the weight-loss jungle to discover the truth about metabolism, diet, exercise, interval training, fat burning, and even your genes.

### **Pursuing Passions**

When Jason Karp was 11 years old, he ran track. Thirty-three years later, he is still running every day, and created a business from that childhood passion. And now he shows you how to do that, too. Dr. Jason runs you through the steps of pursuing your passion so you can have the career of your dreams and stop looking forward to the weekend.

