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FOR IMMEDIATE RELEASE

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NEW FREE ONLINE COURSE – MARATHON TRAINING 101

SAN DIEGO, CA – To paraphrase the ancient Chinese philosopher Confucius, “A journey of 26.2 miles begins with a single step.” From the time the ancient Greek runner Pheidippides ran from Marathon to Athens in 490 B.C. to announce the Greeks’ victory in the Battle of Marathon, humans have had a compelling interest in taking that single step, and many more after that. Marathons in the U.S. have seen record increases in participation during the past few years.



And now there’s a new online course to teach you how to run a marathon! In *Marathon Training 101*, 2011 IDEA Personal Trainer of the Year, exercise physiologist, and author of *Running a Marathon For Dummies* Dr. Jason Karp shows you how to take 26.2 miles’ worth of steps to run a marathon, whether it’s your first one or fastest one. This unique, four-week online course, which runs January 21 to February 18, includes videos, downloadable podcast workouts, “homework” training runs, and active discussions with other people just like you. It gives you everything you need to know to run a marathon, including:

- the fundamentals of marathon training
- the knowledge you need to select the right resources for your training
- how to structure your very first 20-week marathon training plan
- shoe selection
- ten things you must do on marathon race day
- secrets of long runs
- how to avoid injuries

“The marathon changes people’s lives,” said course instructor Dr. Jason Karp. “Given the popularity of the marathon and the continued misinformation that runners are given, this course

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is a great opportunity for people to learn what to do as they prepare for their life-changing event. And the best part is it's totally free!"

To enroll in the course, go to <https://www.canvas.net/courses/marathon-training>. For any additional questions, please contact Dr. Jason Karp at jason@runcoachjason.com.

About Dr. Jason Karp

Dr. Jason Karp is a nationally-recognized running coach, 2011 IDEA Personal Trainer of the Year, and owner of RunCoachJason.com, providing private coaching and training programs to runners of all levels. He holds a Ph.D. in exercise physiology and is founder and coach of *REVO₂LT Running Team*[™] and [Dr. Karp's Hot-Bod Boot Camp](#). A prolific writer, he has more than 200 articles published in international running, coaching, and fitness magazines, has authored five books, including *Running for Women*, *Running a Marathon For Dummies*, *101 Winning Racing Strategies for Runners*, *101 Developmental Concepts & Workouts for Cross Country Runners*, and *How to Survive Your PhD*, and is a frequent presenter at national fitness and coaching conferences.