Dr. Jason Karp Publications

**BOOKS**


**BOOK CHAPTERS**


**PEER-REVIEWED SCIENTIFIC JOURNAL ARTICLES**


**SCIENTIFIC JOURNAL ABSTRACTS**


**TRADE MAGAZINE & ONLINE ARTICLES**


**CONSUMER MAGAZINE & ONLINE ARTICLES**


Karp, J. Understanding a Woman’s Metabolism. *Colorado Runner*. Jan./Feb. 2013, 57, pp. 8-9


Karp, J.R. Beyond Good: How to Turn Key Workouts Up a Notch or Two For Better Fitness and Faster Times. *Runner’s World.* May 2010, 45(5), PP. 35-36.


**POEMS**
