



Services & Products Menu

SERVICES

Gold Run Coaching

Top of the line private coaching includes daily written training program, in-person workouts, race analysis, and unlimited access to Coach Jason.

Contact Dr. Karp for pricing

Silver Run Coaching

Private remote coaching includes daily written training program, program revisions based on your progress, race analysis, and unlimited access to Coach Jason.

Contact Dr. Karp for pricing

Bronze Run Coaching

Includes on-going training advice and guidelines on designing your training program and unlimited access to Coach Jason.

\$149/month

Running Technique & Training Consultation

Meet with Coach Jason to learn and practice proper running technique using specific drills and to discuss specific strategies to make your training program more effective.

\$150/60 min

Telephone Coaching Consultation

Enjoy a private phone call with Coach Jason to discuss your training and have all of your running-related questions answered.

\$109/60 min

Custom-Made Training Program

Want a training program specifically for you? Receive a questionnaire-driven, detailed written program tailored to your strengths.

\$525/28 weeks | \$449/24 weeks | \$375/20 weeks

\$299/16 weeks | \$225/12 weeks | \$149/8 weeks

Personal Training

Transform your body and get in the best shape of your life with an award-winning personal trainer! Experience top-notch, fun workouts in your home or at exotic locations around San Diego and North County.

\$550/5 sessions | \$1,000/10 sessions | \$1,350/15 sessions | \$1,600/20 sessions | \$1,750/25 sessions

Educational Presentations & Clinics

A sought after dynamic speaker, Coach Jason speaks to your group or at your event on a variety of running and fitness topics.

\$200-\$300/60-90 min

Mentoring

Break into magazine and book writing, public speaking, or the life of self-employment! Get intensive advice, feedback, and Jason's important contacts to help your career.

\$399/month (\$149/session)



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PRODUCTS

REVO₂LUTION RUNNING™ Certification

Brand yourself as a running expert and add value to your services. Certification course includes 7 manuals, training programs, exam, continuing education credits from ACE, NASM, & AFAA, and certificate.
\$299 live workshop | \$249 home-study course

Run-Fit Training Programs

Train for your next race the right way! Choose from 20-week 5K, 10K, half-marathon, and marathon programs for beginner, intermediate, and advanced endurance-type and speed-type runners.
\$29.95 (download from website)

Books

The Inner Runner

An exploration of how running affects every part of our lives and explores how running provides a path to a more meaningful, more creative, more productive, more confident, and more successful life.
\$16.99

Run Your Fat Off

Complete guide to running for sustained weight loss, including workout and nutrition menus and recipes, blending scientific research with inspirational stories of people who have lost weight through running.
\$19.99

14-Minute Metabolic Workouts

Includes a variety of compact, science-based workouts that can done at the gym, at home, or outside in 14 minutes or less, that target the five components of physical fitness, complete with a menu of workouts to create a training program.
\$16.99

Running for Women

Guide for female runners based on cardiovascular, hormonal, metabolic, muscular, and anatomical characteristics. Includes chapters on menstrual cycle, pregnancy, menopause, nutrition, and injuries.
\$17.95

Running a Marathon For Dummies

Complete guide to running a marathon, including technique, tapering and fueling secrets, training programs, and index of races.
\$17.99

101 Winning Racing Strategies for Runners

Collection of pre-race, during race, training, and mental strategies. Presents practical advice for achieving racing success for all runners.
\$19.95

101 Developmental Concepts & Workouts for Cross Country Runners

Includes 30 training concepts that lay the groundwork for 71 workouts, which include variations and coaching points.
\$19.95

How to Survive Your PhD

Practical, no-nonsense guide offering specific advice for each step in the doctoral process. Includes chapters on choosing advisor and committee, tricks of the trade, qualifying exam, and dissertation writing and defense.
\$16.99

DVDs

The Runner's Clinic

Includes lecture on how to improve running performance and demo of a VO₂max workout from 2011 IDEA World Fitness Convention. (106 min)
\$39.95

The Art and Science of Recovery

Learn optimal post-workout recovery strategies and the secrets of designing recovery intervals during workouts. (111 min)
\$39.95



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The Resting Metabolic Rate Debate

Insightful review of research on resting metabolic rate and discussion of whether it increases with strength and aerobic training. (58 min)
\$29.95

Exercise and Weight Loss: A Look at the Scientific Research

A review of scientific research on exercise and weight loss to reveal the most effective weight loss strategies. (59 min)
\$29.95

The Science and Coaching of Distance Runners

Includes presentations by multiple top coaches and scientists from 2009 ACSM conference that explores factors that enhance the training of distance runners. (133 min)
\$59.95

Periodization Training for Distance Runners

One of four presentations from the VO₂max Distance Running Clinic. Provides an overview of periodization and training program design for distance runners. (65 min)
\$29.95

Physiological Secrets of Distance Running

One of four presentations from the VO₂max Distance Running Clinic. Fifteen running secrets are revealed to help any distance runner improve race performance. (52 min)
\$29.95

Lactate Threshold: Best O₂ Bang for Your Buck

One of four presentations from the VO₂max Distance Running Clinic. Overview of lactate threshold, how to determine lactate threshold pace, and specific workouts. (49 min)
\$29.95

Chasing Mercury: Training to Combat Fatigue in Distance Runners

One of four presentations from the VO₂max Distance Running Clinic. Details factors that cause fatigue in races and explains how to train to combat each of those factors. (72 min)
\$29.95

VO₂max Distance Running Clinic

Includes all four presentations from the VO₂max Distance Running Clinic. (202 min)
\$69.95

Marathon Training 101: Chasing Pheidippides

A physiological overview of the marathon and how to train for it using a variety of workouts. (71 min)
\$29.95

Chasing Mercury, Battling Hercules: Getting Fitter and Stronger with Periodization Training

Overview of theory and research of periodized training, including use of training cycles, with examples of how to properly periodize strength and cardio training. (61 min)
\$29.95

Presentations

Jason's PowerPoint Presentations

Unable to attend the conferences where Jason speaks? Get the exclusive PowerPoint slide presentations from Jason's seminars!
\$9.95 each