



JASON KARP, PhD, MBA

ELITE DISTANCE RUNNING COACH | ENDURANCE PHYSIOLOGY EXPERT | AUTHOR

jason@drjasonkarp.com

Most people run to get fit or get faster. Dr. Jason Karp has built an entire life around asking *why humans can run at all*.

Fueled by sugar cereals, lactate thresholds, and an irrational hatred of race finisher medals, he has spent years roaming the Earth explaining the nuances of VO_2max to unsuspecting civilians while simultaneously writing books, coaching runners, building businesses, speaking at conferences, and somehow finding time to post scientifically accurate chaos on social media.

What started as a sixth-grade race around a track in Marlboro, New Jersey turned into a decades-long obsession with physiology, performance, suffering, speed, and the weird psychological choices that convince people to wake up at 5 am to do intervals voluntarily.

A Brooklyn, New York original raised on baseball, soccer, and track, Jason became the kind of kid who didn't just want to win races—he wanted to understand the cellular machinery behind them. While other people watched sports, he dissected muscle fiber recruitment patterns, metabolic pathways, and the brutal poetry of fatigue.

That curiosity eventually mutated into a unique career of his own design. Part coach. Part scientist and professor. Part misfit seen running laps around hotel parking lots before keynote speeches. Rumor has it he can identify your race pace just by looking at your Achilles tendons. His resting heart rate is lower than your college GPA.

When not discussing mitochondrial respiration with the intensity of someone defusing a bomb, he can be found designing real-time coaching technology, philosophizing about how running fulfills our destiny as physical beings, or writing a book on why you can outrun a donut. He believes capillaries are the secret to becoming a better runner, chocolate milk is the best post-workout recovery tool, and speed is a personality trait.

Dr. Karp has oscillated between academia, coaching, entrepreneurship, science, and innovation like a man allergic to mediocrity. He has coached runners on tracks, in laboratories, online, across continents, and even became the first American distance running coach to move to Kenya to coach Kenyan runners, because apparently studying them from afar wasn't enough.

He is Founder and CEO of KASI®, a real-time proprietary run coaching app designed to take coaching to the 25th century. He also created the REVO₂LUTION RUNNING certification program, which spread to 26 countries before being acquired by International Sports Sciences Association.

At age 24, he became one of the youngest college head coaches in the U.S., led Georgian Court University to a regional championship, and was named NAIA Northeast Region Coach of the Year before most people his age had figured out to separate the whites from the colors when doing laundry. He has coached high school state champions, recreational runners, elites, and enough glycogen-depleted marathoners to fill a small nation.

Dr. Karp has lectured across the U.S. and in 15 countries, taught elite coaching camps at the U.S. Olympic Training Center, was invited to China to speak to the Chinese Athletics Association national team coaches, and delivered a [TED Talk](#) titled *How Running Like an Animal Makes Us Human*, which sounds slightly unhinged until you hear him explain it and suddenly question your entire existence.

A prolific writer with the output of three caffeinated academics trapped in one body, he has authored 16 books and more than 400 articles on running, coaching, physiology, fitness, and human performance. The library he has created includes *Can You Outrun a Donut?*, *Coaching the Kenyans*, *The Endurance of Speed*, *Run Like Her*, *Running Periodization*, *The Inner Runner*, and *Running a Marathon For Dummies*.

Some people collect race medals. Jason collects degrees. He earned a PhD in exercise physiology from Indiana University, an MBA in entrepreneurship from San Diego State University, a master's degree in kinesiology from the University of Calgary, and a bachelor's degree in exercise and sport science with an English minor from Penn State University—because one identity crisis was not enough.

His research has appeared in several scientific journals. He has reviewed research for other scientists, served on doctoral dissertation committees, was editor of *Track Coach* magazine until it folded, is the physiology curriculum lead for USA Track & Field's coaching education committee, and somehow still finds time to run every day and race thousands of times.

He was awarded the 2011 IDEA Personal Trainer of the Year—the fitness industry's highest honor—and twice received the President's Council on Sports, Fitness & Nutrition Community Leadership Award.

At this point, there's a reasonable chance he thinks in lactate thresholds. Nobody has confirmed because he's already halfway through another project before anyone could ask.

A runner since age 11, Dr. Karp has spent most of his life chasing the intersection of science and human potential.

And drinking chocolate milk (it's his published research, after all!).