Dr. Jason Karp Publications

BOOKS


BOOK CHAPTERS


PEER-REVIEWED SCIENTIFIC JOURNAL ARTICLES


**SCIENTIFIC JOURNAL ABSTRACTS**


**TRADE PRINT MAGAZINE & ONLINE ARTICLES**


Karp, J.R. Five Lessons I Have Learned from Physiology and How They Can Make You a Faster Runner. *Olympic Coach*. Spring 2012, 23(2), 4-10.


**CONSUMER PRINT MAGAZINE & ONLINE ARTICLES**


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), 35-36.


Karp, J.R. Fitness News: Train for Endurance to Burn More Fat; Exercise and Your Bones; How Do I Get Awesome Abs? *Oxygen*. June 2007, 10(6), 34,35,38.


Karp, J.R. Fitness News: Cardio on an Empty Stomach?; Lactic Acid Doesn’t Cause Muscle Burn; Want to Gain Strength? Get a Trainer; Free Weights Better Than Machines For Increasing Strength? *Oxygen*. June 2006, 9(6), 25,26,28.


**POEMS**
