

# REVO<sub>2</sub>LUTION RUNNING™

## Certification

FIT Singapore | Singapore  
September 5, 2017



# Certification Program

## Become a Running Expert

Learn how to train physiological factors of running fitness and performance, running technique, secrets of avoiding running injuries, and more.

## Increase Your Revenue

Take advantage of the most popular exercise in the world and market yourself as a running expert, add value to your services, and increase your revenue.

## Belong to a Community

Become part of a global network of certified trainers, teach REVO2LUTION RUNNING™ classes at your gym, and even become a Master Trainer.



# Workout Program

Get ready to experience the Runner's High! REVO<sub>2</sub>LUTION RUNNING™ is a scientific and deeply inspirational group treadmill interval workout program led by certified REVO<sub>2</sub>LUTION RUNNING™ instructors.

The secret behind the amazing 30- to 45-minute REVO<sub>2</sub>LUTION RUNNING™ workouts:

## SCIENTIFICALLY-DESIGNED

Each workout is specifically created to target one of the 3 physiological factors of running.

## POLARIZED

Hard parts are hard and easy parts are easy to achieve the precise balance of stress and recovery.

## UNLIMITED REPS

There's no rep counting with REVO<sub>2</sub>LUTION RUNNING™. Reps continue until you're fatigued to achieve the best adaptive response.

Become an official licensed instructor and teach REVO<sub>2</sub>LUTION RUNNING™ at your gym!



# Live Performance Details

Hosted by FIT Singapore  
\$299 USD until August 21; \$329 USD after



## Attend.

### FIT Singapore

55 Newton Rd.

#05-02 Revenue House

Singapore 307987

September 5, 9:00 am – 5:00 pm

## Learn.

Get ready for an entertaining day that blends educational lecture with learn-by-doing workout.

## Eat.

Enjoy lunch on your own during a 45-minute intermission.

## Register.

[run-fit.com/revo2lutionrunning-liveperformances](http://run-fit.com/revo2lutionrunning-liveperformances)

## Bring.

- > Running clothes and shoes
- > Water and snacks
- > Notepaper & pen (course manuals will be emailed to you prior to the live performance)

## CECs.

Earn CECs upon passing exam:  
2.0 ACE • 1.9 NASM • 15 AFAA  
8 PTA Global • 4 USAT • 8 WITS

## Instructor.

Jason Karp, PhD

Coach | Exercise Physiologist

Bestselling Author | IDEA

Personal Trainer of the Year

Questions?

[run-fit.com/revo2lutionrunning](http://run-fit.com/revo2lutionrunning)

[education@run-fit.com](mailto:education@run-fit.com)

The logo for Revolution Running features the word 'REVOLUTION' in a bold, white, sans-serif font. A red number '2' is placed between 'REVOLUTION' and 'RUNNING'. The word 'RUNNING' is in a larger, white, sans-serif font with a red underline. A red swoosh underline is also present under the '2'. The logo is set against a background of a runner's legs in red and black shoes running on a road.

**REVOLUTION**  
**2**  
**RUNNING™**

# About REVO<sub>2</sub>LUTION RUNNING™

“Through running, we fulfill our destiny as physical beings, and on the foundation of a fitter physical being, we can build a better life.” – DR. JASON KARP

REVO<sub>2</sub>LUTION RUNNING™ takes advantage of the world’s most popular exercise by educating fitness professionals on fundamental running-specific training principles and providing them with the required skill and expertise to train runners and teach science-based group treadmill interval workouts.

At the heart of REVO<sub>2</sub>LUTION RUNNING™ is its name, which includes an acronym of the three physiological factors that determine running fitness: **R**unning Economy, **VO<sub>2</sub>**max, and **L**actate **T**hreshold. To achieve results, the biology of running requires that workouts be designed to maximize these physiological factors. That’s the secret of REVO<sub>2</sub>LUTION RUNNING™.



JASON KARP, PhD  
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