



# REVO<sub>2</sub>LUTION RUNNING™

## Certification

FIT Thailand | Bangkok | Thailand

August 30-31, 2019

REVO<sub>2</sub>LUTION  
RUNNING™

# Certification Program

## Become a Winner

Learn winning training methods to improve physiological factors of running fitness and performance and distinguish yourself as a running expert.

## Increase Your Revenue

Take advantage of the world's most popular exercise and most effective exercise to get fit and lose weight, add value to your services, and increase your revenue.

## Become an Instructor

Teach the most scientific and inspirational group treadmill interval workout class in the fitness industry or own an outdoor training group franchise.





# Live Performance Details

Hosted by FIT Thailand  
\$299 USD



## Attend.

### FIT Thailand

884,886 Ploenchit Road, Lumpini,  
Pathumwan, Bangkok 10330  
02-650-9242  
082-362-9399  
August 30-31, 9 am – 5 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.

[revo2lutionrunning.com/  
liveperformances](http://revo2lutionrunning.com/liveperformances)

## Bring.

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

## CECs.

2.0 ACE • 1.9 NASM • 15 AFAA  
4 CanFitPro • 8 PTA Global  
4 USAT • 8 WITS

## Instructor.

Farn Sritrairatana  
Master Trainer

Questions?

[revo2lutionrunning.com](http://revo2lutionrunning.com)

[farn@chaophrayaexpressboat.com](mailto:farn@chaophrayaexpressboat.com)

The logo for Revolution Running features the word "REVOLUTION" in a bold, white, sans-serif font. A red "2" is placed between "REVOL" and "UTION". Below "REVOLUTION" is the word "RUNNING" in a stylized, white, script font with a red underline. A red swoosh underline is also present under "RUNNING".

**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  
Creator

**Website:** [revo2lutionrunning.com](http://revo2lutionrunning.com)

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