

REVO₂LUTION RUNNING™

Certification

Go Active Pro | Tel Aviv | Israel

Hosted by Hagymnasia

April 8-22, 2018



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

Tel Aviv, Israel
Hosted by Hagymnasia
\$299 USD



Attend.

Go Active Pro

Shitrit 6

Hadar Yosef

Tel Aviv, Israel

April 8-22, 2018

Learn.

Get ready for an entertaining course that blends educational lectures with learn-by-doing workouts.

Register.

<http://www.hagymnasia.co.il/257,52-256193749.aspx>

Bring.

- > Running clothes and shoes
- > Water and snacks
- > Notepaper & pen

CECs.

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

Instructor.

Ofir Dinur
Master Trainer

Questions?

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REVO LUTION
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RUNNING™

About REVO₂LUTION 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

REVO₂LUTION 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 REVO₂LUTION RUNNING™ is its name, which includes an acronym of the three physiological factors that determine running fitness: **R**unning Economy, **VO₂**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 REVO₂LUTION RUNNING™.



JASON KARP, PhD
Creator

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