

## **Certification Program**

#### **Become a Winner**

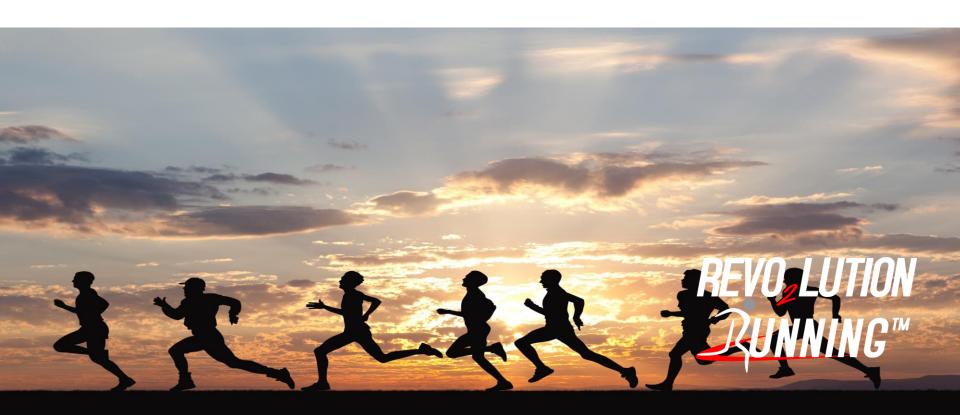
Learn winning training methods to improve physiological factors of running fitness and performance and distinguish yourself as a running expert.

#### **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 Monmouth University Track & Field \$299 until June 29; \$329 after Special Runner Rate: \$149



#### Attend.

#### **Monmouth University**

MAC (3<sup>rd</sup> Floor) 400 Cedar Avenue West Long Branch, NJ 07764 July 14, 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.

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.

Jason Karp, PhD
Coach | Exercise Physiologist
Bestselling Author | IDEA
Personal Trainer of the Year



# 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 **E**conomy, **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

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