

REVO₂LUTION

RUNNING™

A stylized white silhouette of a runner in mid-stride, positioned behind the word 'RUNNING'. The runner's head is a grey circle, and its legs are curved to show motion. A red swoosh underline is positioned beneath the word 'RUNNING'.

Certification Program

Increase Your Expertise

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

Become a Running Expert

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.



Workshop Details

\$299 until 2 weeks prior to workshop; \$329 after
25% discount for host's staff + 1 free registration per 10 registrations

Attend.

Workshops are 9:00 am to 5:00 pm and include lecture and practical components.

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-liveworkshops

Bring.

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

CECs.

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

Instructor.

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

Questions?

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REVO²LUTION
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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