

# **Certification Program**

#### **Become a Winner**

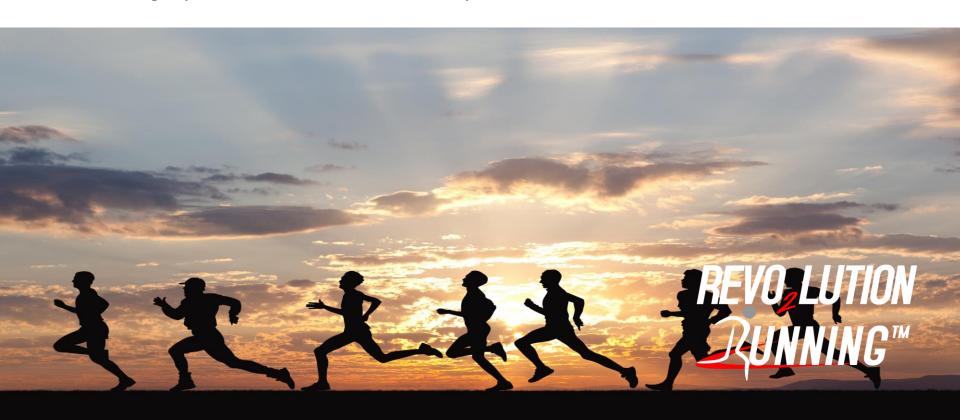
Learn winning training methods to improve physiological factors of running fitness and performance and distinguish yourself as a running expert.

#### **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 Colorado Athletic Club \$299 until October 21; \$329 after



#### Attend.

#### **Boulder Athletic Club**

1821 30th Street Boulder, CO 80301 November 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

## 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



# 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<sup>™</sup> 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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