



REVO₂LUTION RUNNING™

Certification

FIT Thailand | Bangkok | Thailand

March 30-31, 2019

REVO₂LUTION
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 until March 15; \$329 USD after



Attend.

FIT Thailand

884,886 Ploenchit Road, Lumpini,
Pathumwan, Bangkok 10330
02-650-9242
082-362-9399
March 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

farn@chaophrayaexpressboat.com

The logo for Revolution Running features the word "REVOLUTION" in a bold, white, sans-serif font. A red number "2" is placed between "REVOLUTION" and "RUNNING". The word "RUNNING" is in a similar font but with a red underline that swooshes under the letters. A red and white running shoe is positioned at the bottom right, with its sole facing the viewer. The background of the entire right side of the image is a photograph of a person's legs in a red and white running shoe, running on a paved road that stretches into the distance under a cloudy sky.

REVOLUTION
2
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, **V**O₂max, 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

Website: revo2lutionrunning.com

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