

# REVO<sub>2</sub>LUTION RUNNING™

## Certification

Metro Fitness | Montgomery | Alabama  
October 27, 2018

**REVO<sub>2</sub>LUTION**  
**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 Metro Fitness  
\$299 until October 12; \$329 after  
Special Runner Rate: \$149



## Attend.

### Metro Fitness

7150 Halcyon Park Drive  
Montgomery, AL 36117  
October 27, 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](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.

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

Questions?

[revo2lutionrunning.com](http://revo2lutionrunning.com)

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The logo for Revo2Lution Running, featuring the words "REVO2LUTION" and "RUNNING" in a bold, sans-serif font, with a stylized "2" and a red swoosh underline under "RUNNING".

**REVO<sup>2</sup>LUTION  
RUNNING™**

# 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 Economy, **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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