

A photograph of the Golden Gate Bridge in San Francisco at sunset. The bridge's orange-red towers and suspension cables are silhouetted against a sky transitioning from deep blue to a warm orange glow near the horizon. The bridge's lights are on, and their reflection is visible in the water below. The overall mood is serene and iconic.

REVO₂LUTION RUNNING™

Certification

Orangetheory Fitness | San Francisco | California
May 21, 2017

REVO₂LUTION
RUNNING™

Certification Program

Become a Running Expert

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

Increase Your Revenue

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.



Workout Program

Get ready to experience the Runner's High! REVO₂LUTION RUNNING™ is a scientific and deeply inspirational group treadmill interval workout program led by certified REVO₂LUTION RUNNING™ instructors.

The secret behind the amazing 30- to 45-minute REVO₂LUTION RUNNING™ workouts:

SCIENTIFICALLY-DESIGNED

Each workout is specifically created to target one of the 3 physiological factors of running.

POLARIZED

Hard parts are hard and easy parts are easy to achieve the precise balance of stress and recovery.

UNLIMITED REPS

There's no rep counting with REVO₂LUTION RUNNING™. Reps continue until you're fatigued to achieve the best adaptive response.

Become an official licensed instructor and teach REVO₂LUTION RUNNING™ at your gym!



Live Performance Details

Hosted by Orangetheory Fitness
\$299 until May 6; \$329 after



Attend.

Orangetheory Fitness

343 Sansome St.

San Francisco, CA 94104

May 21, 12:00 pm – 8:00 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

Questions?

run-fit.com/revo2lutionrunning

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The logo for Revo2Lution Running, featuring the text 'REVO₂LUTION' in white with a red '2', and 'RUNNING™' in white with a red swoosh underline. The background of the entire right side of the image is a photograph of a person's legs running on a paved road, wearing red and black running shoes, with mountains in the background under a cloudy sky.

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 **E**conomy, **VO**₂max, 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
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