

# REVO<sub>2</sub>LUTION RUNNING™

## Certification

Road Runner Sports | San Diego | California  
February 19, 2017



# 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.





# Live Performance Details

Hosted by Road Runner Sports  
\$299 until February 4; \$329 after  
Get \$10 discount on purchase of \$30 or more



## Attend.

### Road Runner Sports

5553 Copley Drive

San Diego, CA

February 19, 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](http://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

Author | IDEA Personal Trainer of the Year

Questions?

[run-fit.com/revo2lutionrunning](http://run-fit.com/revo2lutionrunning)

[education@run-fit.com](mailto:education@run-fit.com)

The logo for Revo2Lution Running, featuring the words 'REVO' and 'LUTION' in white, with a red '2' between them, and 'RUNNING' in a large, stylized white font with a red swoosh underneath. The background of the entire right side of the image is a photograph of a person's legs running on a paved road, with mountains in the distance under a cloudy sky.

**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 **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

<http://run-fit.com>

<https://www.facebook.com/DrJasonKarpRunFit>

<https://twitter.com/drjasonkarp>

[jason@run-fit.com](mailto:jason@run-fit.com)

