

# REVO<sub>2</sub>LUTION RUNNING™

## Certification

Renaissance Fitness | Newport | Rhode Island  
November 20, 2021



# 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 Renaissance Fitness  
\$299 until November 5; \$329 after  
Special Runner Rate: \$149



## Attend.

### Renaissance Fitness

221 Third Street, 1st Floor North  
Newport, RI 02840  
November 20, 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  
2.0 NESTA • 4 CanFitPro • 8 PTA  
Global • 4 USAT • 8 WITS

## Instructor.

Catherine Turley, MEd  
Master Trainer

Questions?

[revo2lutionrunning.com](http://revo2lutionrunning.com)  
[catherine@fitarmadillo.com](mailto:catherine@fitarmadillo.com)



**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, MBA  
Creator

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