

REVO LUTION RUNNING™

MANUAL DESCRIPTIONS

Manual 1: Running Physiology

Running includes a beautiful integration of cardiovascular, muscular, metabolic, and neurological systems that operate cooperatively to influence the transportation of oxygen, the extraction and use of that oxygen, and the use of the muscle fuels of fat and carbohydrate. Understanding how energy is produced to run is the basis for understanding how to train most effectively. If a runner wants to get faster or run without injury, every workout he or she does should have a specific, physiological purpose. This manual takes a comprehensive look at energy production through the 3 metabolic energy systems; the cardiovascular, metabolic, and muscular factors of performance; carbohydrate and fat metabolism; the physiology of running economy, VO_2 max, and lactate threshold; women-specific physiology, including the menstrual cycle, bone density, and pregnancy; and physiology of aging.

Manual 2: Running Technique

To become a better runner, start by running better. Learning how to run more skillfully can help prevent injuries and enable runners to handle more training. This manual dissects running technique and includes a series of drills to practice with pictures and videos, and provides information on stride length and stride rate, muscle activation during the running stride, and how to select the right running shoes.

Manual 3: Running Training

Understanding all of the training components and putting them together in a systematic training plan gives runners the blueprint for success. This manual explains the purpose of all of the important components of training and shows how to implement them. Specific topics include how to target the energy systems; how to train VO_2 max, lactate threshold, running economy, anaerobic capacity, and anaerobic power; interval training; how to plan and increase weekly mileage; how to plan training around a woman's menstrual cycle and pregnancy; how adaptation to training occurs; how to plan training programs for different races; cross training; stretching; recovery nutrition and hydration; and periodization.

Manual 4: Running Workouts

This manual gives detailed examples of workouts for all of the training components, including easy and long runs, lactate threshold, VO_2 max, anaerobic capacity, anaerobic power, hills, fartleks, race prep workouts, group workouts, and treadmill workouts.

Manual 5: Running Injuries

There's really no good reason why so many runners should get injured. Yet it happens all the time, mostly because so many runners don't train intelligently, or they follow programs that are faulty in design. This manual reveals 13 secrets to prevent running injuries, and describes the causes, symptoms, and treatment for common running injuries—just in case.



Manual 6: Running for Weight Loss

Not all people who run want to get faster or run races. Some run to lose weight. This manual gives a brief overview of the principles of weight loss and how people can use running to lose weight. Specific topics include metabolism, calories, a review of the weight loss research, running strategies for burning calories, eating to lose weight, and macro and micronutrients.

Manual 7: Running Programs in Gyms

Running is the most popular exercise in the world, the most effective and fastest way to get fit, and the world's best calorie-burner. Thus, gyms can benefit a lot from offering running programs to their members. Because running changes people's lives as well as their waistlines, they will keep coming back and bring their friends, which will increase gym member retention and potentially new memberships. This manual explains different types of running programs that you can implement with your certification, including treadmill interval running classes, fat-loss programs, race training programs, and one-on-one coaching, along with how to market the programs.

Manual 8: REVO₂LUTION RUNNING™ Group Treadmill Class

REVO₂LUTION RUNNING™ takes advantage of the most popular exercise in the world with this one-of-a-kind treadmill group running experience. Participants will get sculpted legs, a big heart, unbridled self-confidence, and an inspiration that burns inside them for the rest of their lives! The REVO₂LUTION RUNNING™ certification certifies you to teach REVO₂LUTION RUNNING™ group treadmill interval classes at fitness clubs. This manual describes the program and how to teach the classes, including communicating with the class, warm-up, cueing the workout, cueing technique, and cool-down. It also offers class descriptions and sample class workouts, marketing the class, and how to obtain the class license.