

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, shows how to optimize kinetic energy and ground reaction forces, includes a series of drills to practice running technique 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 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 the important components of training and shows how to implement them. Specific topics include how to target the metabolic energy systems; how to train VO_2 max, lactate threshold, running economy, anaerobic capacity, and anaerobic power; specific details about how to design interval workouts with work periods and recovery intervals; how to plan and increase weekly mileage; how to plan training around a woman's menstrual cycle and pregnancy; how adaptation to training occurs and what that means for how to plan the training; how to plan training programs for different races, from half-mile to the marathon; cross training; stretching; recovery nutrition and hydration; and periodization.

Manual 4: Running Workouts

This manual gives detailed examples of workouts for all 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 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 an 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 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 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.

Manual 9: Running Coaching

There's a lot more to coaching than writing a training program. How do you go from the training programs you write to your clients running PRs and continuing to get better year after year? How do you keep them motivated? How do you deal with different personalities? How do you change what you say and how you say it depending on whom you're speaking to? How do you develop your emotional intelligence to balance your cognitive intelligence? How do you influence people to pay for your services? How do you teach your clients and athletes in addition to training them? How do you lead? This manual goes beyond the Xs and Os of coaching, discussing topics such as leadership, personality, behavior, trust, communication, motivation, influence, philosophy, and the business of coaching.