

A low-angle, rear view of a runner's legs and feet on a paved road. The runner is wearing red and black athletic shoes. The road has a yellow dashed center line and white edge lines, leading towards a horizon with mountains under a cloudy sky.

REVO₂LUTION RUNNING™

Live Certification Course
January 16-17, 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 a Coach

Train runners online or in person and even own an outdoor training group franchise.



Live Performance Details

\$299 USD Coach/Fitness Professional

\$149 USD Runner (does not include certification or CECs)

Attend.

Online via Zoom (zoom.us)
January 16-17, 10:00 am – 2:00 pm (Pacific Time Zone)

Learn.

Learn all about running and training during an entertaining and educational day in the comfort of your home.

Eat.

Enjoy lunch on your own during a 30-minute intermission.

Register.

[revo2lutionrunning.com/
liveperformances](http://revo2lutionrunning.com/liveperformances)

Bring.

- > Computer or iPad
- > 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
- 4 CanFitPro • 2.0 NESTA •
- 8 PTA Global • 4 USAT • 8 WITS
- 14 Fitness Australia

Instructor.

Jason Karp, PhD
Coach | Exercise Physiologist
Bestselling 11-time Author |
IDEA Personal Trainer of the
Year

Questions?

revo2lutionrunning.com

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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 Economy, **V**O₂max, 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
Creator

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