

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 center line and white edge lines, stretching into the distance. The background shows a desert landscape with mountains under a cloudy sky.

# REVO<sub>2</sub>LUTION 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?

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**REVO<sub>2</sub>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, **V**O<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

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