

# REVO<sub>2</sub>LUTION RUNNING™

## Certification

Rath Eastlink Community Centre | Truro | Nova Scotia  
October 22, 2017

**REVO<sub>2</sub>LUTION**  
**RUNNING™**

# Certification Program

## Become a Winner

Learn winning training methods by focusing on physiological factors of running fitness and performance and distinguish yourself as a running expert.

## Increase Your Revenue

Take advantage of the most popular exercise in the world and market yourself as a running expert, add value to your services, and increase your revenue.

## Belong to a Community

Become part of a global network of certified trainers, teach REVO<sub>2</sub>LUTION RUNNING™ classes at gyms, and even raise your profile as a Master Trainer.



# Workout Program

Get ready to experience the Runner's High! REVO<sub>2</sub>LUTION RUNNING™ is a scientific and deeply inspirational group treadmill interval workout program led by certified REVO<sub>2</sub>LUTION RUNNING™ instructors.

The secret behind the amazing 30- to 45-minute REVO<sub>2</sub>LUTION RUNNING™ workouts:

## SCIENTIFICALLY-DESIGNED

Each workout is specifically created to target one of the 3 physiological factors of running.

## POLARIZED

Hard parts are hard and easy parts are easy to achieve the precise balance of stress and recovery.

## UNLIMITED REPS

There's no rep counting with REVO<sub>2</sub>LUTION RUNNING™. Reps continue until you're fatigued to achieve the best adaptive response.

Become an official licensed instructor and teach REVO<sub>2</sub>LUTION RUNNING™ at your gym!



# Live Performance Details

Hosted by Rath Eastlink Community Centre  
\$299 USD until October 7; \$329 USD after



## Attend.

**Rath Eastlink Community Centre**  
625 Abenaki Road  
Truro, Nova Scotia B2N 0G6  
October 22, 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.

[run-fit.com/revo2lutionrunning-liveperformances](http://run-fit.com/revo2lutionrunning-liveperformances)

## Bring.

- > Running clothes and shoes
- > Water and snacks
- > Notepaper & pen (course manuals will be emailed to you prior to the live performance)

## CECs.

Earn CECs upon passing exam:  
2.0 ACE • 1.9 NASM • 15 AFAA  
8 PTA Global • 4 USAT • 8 WITS

## Instructor.

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

Questions?

[run-fit.com/revo2lutionrunning](http://run-fit.com/revo2lutionrunning)  
[education@run-fit.com](mailto:education@run-fit.com)

The logo for Revolution Running, featuring the word 'REVOLUTION' in a bold, white, sans-serif font with a red '2' between 'L' and 'U'. Below it, the word 'RUNNING' is written in a stylized, white, cursive font with a red underline. The logo is set against a background of a runner's legs in red and black shoes running on a road in a desert landscape under a cloudy sky.

**REVOLUTION**  
**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  
Creator

<http://run-fit.com>

<https://www.facebook.com/DrJasonKarpRunFit>

<https://twitter.com/drjasonkarp>

[jason@run-fit.com](mailto:jason@run-fit.com)

