

# REVO<sub>2</sub>LUTION RUNNING™

## Certification

Catalyst Fitness | Atlanta | Georgia

June 11, 2017



# Certification Program

## Become a Running Expert

Learn how to train physiological factors of running fitness and performance, running technique, secrets of avoiding running injuries, and more.

## 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 REVO2LUTION RUNNING™ classes at your gym, and even become 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 Catalyst Fitness  
\$299 until May 27; \$329 after



## Attend.

### Catalyst Fitness

2233 Peachtree Rd. N.E., Suite M  
Atlanta, GA 30309  
June 11, 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.

Andrea Thompson  
REVO<sub>2</sub>LUTION RUNNING™  
Master Trainer

Questions?

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

The logo for Revolution Running, featuring the words "REVO<sub>2</sub>LUTION" and "RUNNING™" in a stylized, bold font. The "2" is red and the "R" is white with a red underline. The background of the entire page is a photograph of a person's legs in red and black running shoes, running on a paved road that stretches into the distance under a cloudy sky.

**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 **E**conomy, **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

