

REVO₂LUTION RUNNING™

Certification

Ames Fitness Center | Ames | Iowa

December 3, 2017

REVO₂LUTION
RUNNING™

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 an Instructor

Teach the most scientific and inspirational group treadmill interval workout class in the fitness industry or own an outdoor training group franchise.



Live Performance Details

Hosted by Ames Fitness Center
\$299 until November 18; \$329 after



Attend.

Ames Fitness Center

3600 University Blvd.

Ames, IA 50010

December 3, 8:30 am – 4:00 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.

revo2lutionrunning.com/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

education@run-fit.com

The logo for Revolution Running, featuring the word 'REVOLUTION' in a bold, sans-serif font above the word 'RUNNING' in a stylized, cursive font 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.

REVOLUTION
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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