

REVO₂LUTION RUNNING™

Certification

Hyatt Regency | Sarasota | Florida

September 22, 2018



REVO₂LUTION
RUNNING™

The logo features the text 'REVO₂LUTION' in a bold, white, sans-serif font. Below it, the word 'RUNNING' is written in a larger, white, sans-serif font with a red underline. A red swoosh underline is positioned under the 'R' and extends across the width of the word. The background of the entire image is a night photograph of a bridge with green-lit pillars and streetlights, with a city skyline visible in the distance and a palm tree trunk on the right side.

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 Baby Boot Camp



Attend.

Hyatt Regency

1000 Boulevard of the Arts
Sarasota, FL 34236
Sept. 22, 9:00 am – 4:30 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](http://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.

2.0 ACE • 1.9 NASM • 15 AFAA
4 CanFitPro • 8 PTA Global
4 USAT • 8 WITS

Instructor.

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

Questions?

revo2lutionrunning.com

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The logo for Revo2Lution Running is positioned in the bottom right corner. It features the words 'REVO2LUTION' in a bold, white, sans-serif font, with a red '2' between 'REVO' and 'LUTION'. Below this, the word 'RUNNING' is written in a larger, white, stylized font with a red underline. The background of the entire right side of the 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.

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, **VO₂**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 REVO₂LUTION RUNNING™.



JASON KARP, PhD
Creator

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