

Run For Your Life!

By Dr Jason Karp

Run For Your Life is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn the top tips for coaching runners. The information covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

Run For Your Life explores:

- Training the lactate threshold
- Lactic acid fact and fallacies
- V02 max training for running performance
- Weight training to improve distance running performance
- The science of marathon endurance
- The 3 players of distance running
- How not to get injured while training for a marathon

Upon successful completion, course participants will:

- Understand how to train the lactate threshold to improve aerobic capacity of distance runners
- Be able to explain the role of lactate
- Have the knowledge to determine when weight training is required for improving distance running performance
- Be able to advise on refuelling after a work out for maximum recovery
- Understand the differences between men and women's cardiovascular endurance and capacity to metabolize fat & conserve glycogen
- Know when to taper marathon training to avoid injury

Course Creator Bio

Jason is an internationally acclaimed running coach, speaker and writer. He contributes to numerous international running, coaching, and fitness magazines, is the author of four books, and is a frequent presenter at fitness and coaching conventions worldwide. The 2011 IDEA Personal Trainer of the Year, he owns RunCoachJason.com, a valuable resource for trainers, runners and running coaches.