



## Agenda

**LOCATION** (start of all days): TBD

### Travel Day (Sunday)

#### Day 1 (Monday)

- 0730-0800 Semper Fit staff and attendee introductions
- 0800-0830 **Lecture: Introduction to the HITT Program and Methodology Review**
- 0830-0900 **Lecture: HITT Workout Types**
- 0900-1000 **Lecture: Structural Integrity**
- 1000-1100 **Hands-on session: INJURY PREVENTION – Part 1**
- Functional Assessment
  - Dynamic Warm-ups – General/Transit Mobility
- 1100-1200 **Hands-on session: SPEED, AGILITY, AND ENDURANCE – Part 1**
- Linear Speed
  - Teach Backs
- 1200-1300 **LUNCH**
- 1300-1600 **Hands-on session: STRENGTH AND POWER – Part 1**
- Olympic Lifting Basics
  - Teach Backs
- 1600-1700 **Hands-on session: CORE STABILITY AND FLEXIBILITY – Part 1**
- Core Stability – Plank series
  - PNF

#### Day 2 (Tuesday)

- 0730-0800 **Lecture: “FUELED TO FIGHT” Exercise Library and Prescription**
- 0800-1200 **TRX FORCE Suspension Training – Overview, Set-Up & Anchoring, Tactical Conditioning intro**
- 1200-1300 **LUNCH**
- 1300-1700 **TRX FORCE Suspension Training**

#### Day 3 (Wednesday)

- 0730-1200 **Hands-on session: STRENGTH AND POWER – Part 2**
- Dynamic Warm-up - Dynamic Mobility/Muscle Activation
  - Upper Body Plyometrics
  - Conditioning/Battling Ropes
  - Teach Backs
- 1200-1300 **LUNCH**
- 1300-1600 **Hands-on session: STRENGTH AND POWER – Part 2 (cont.)**
- Dynamic Warm-up - Dynamic Mobility/Muscle Activation
  - Lower Body Plyometrics/Hurdles
  - Med Ball Drills
  - Teach Backs
- 1600-1700 **Hands-on session: CORE STABILITY AND FLEXIBILITY – Part 2**
- Integrated Flexibility

## **Day 4 (Thursday)**

**\*Attire:** Woodland MARPAT

- 0730-0830 **Hands-on session: WARRIOR HITT WORKOUT – Quantico HITT Staff**
- 0830-0900 **Lecture: HITT Testing and Evaluation**  
This presentation will cover how to implement the Performance Assessment for the HITT Program
- 0900-1100 **Hands-on session: STRENGTH AND POWER – Part 3**
- Kettlebell Movement Patterns
  - Teach Backs
  - **Equipment required: Various wt. of KBs,DBs, or Sandbags**
- 1100-1200 **LUNCH**
- 1200-1300 **Hands-on session: SPEED, AGILITY, AND ENDURANCE – Part 2**
- Cone/Reaction Drills
  - Teach Backs
- 1300-1400 **Hands-on session: HITT TESTING AND EVALUATION**
- Performance Assessment Test
  - Teach Backs
  - **Equipment required: Sole use of Basketball court, (4) 20 lbs Med Balls, (2) 16 lbs. Med Balls, (12) Cones**
- 1400-1530 **Hands-on session: CORE STABILITY AND FLEXIBILITY – Part 3**
- PNF/Foam rolling
  - **Equipment required: (6) Foam rollers**
- 1600-1700 **Course Review, Written Exam, Certificates**

## **Travel Day (Friday)**