



## Agenda

**LOCATION** (start of all days): HITT Center, MCAS MIRAMAR

### Travel Day (Sunday, 5 JAN)

#### Day 1 (Monday, 6 JAN) – meet at HITT CENTER

- 0730-0745 Semper Fit staff and attendee introductions
- 0745-0815 **Lecture: Introduction to the HITT Program, Methodology, HITT Workout**
- 0815-1000 **Lecture: Training for Performance & Structural Integrity**
- 1015-1145 **Lecture: Tactical Nutrition**
- 1145-1245 **LUNCH** (on own)
- 1245-1400 **Hands-on session: INJURY PREVENTION – Part 1**  
**Equipment required: Open field or indoor space (at least 2000 sq. feet)**
- Functional Movement Assessment (10-15) Dowel Rods/Yard Sticks
- 1400-1500 **Hands-on session: STRENGTH AND POWER – Part 1**  
**Equipment required: Open field or indoor space (at least 2000 sq. feet)**
- Dynamic Warm-ups – General/Transit Mobility (24) Cones
  - Lower Body Plyometrics/Hurdles (2 sets) Plyo Boxes, (12-18) Mini-Hurdles
  - Med Ball Drills (12) Med Balls
- 1500-1700 **Hands-on session: SPEED, AGILITY, AND ENDURANCE – Part 1**
- Linear Speed/Resisted Sprinting (4-5) Sleds w/wts, (10) Strength/Resistance Bands
  - Cool-down

#### Day 2 (Tuesday, 7 JAN)

- 0730-0740 **Review of Day 1 – Q & A**
- 0745-0900 **COMBAT HITT SESSION**

#### **Split into groups:**

##### Group 1:

- 0900-1200 **Hands-on session: TRX FORCE TACTICAL CONDITIONING – Part 1**  
**Equipment required: (10-12) TRXs and sole use of anchoring system (TRX S-Frame, HITT Racks, etc.)**
- TRX Force Program – Set-Up & Anchoring, Tactical Conditioning - UPPER Body dominant

##### Group 2:

- 0900-1200 **Hands-on session: STRENGTH AND POWER – Part 2**  
**Equipment required: Open indoor/covered space**
- Dynamic Warm-up - Dynamic Mobility/Muscle Activation
  - Ammo Cans/Partner Drills (12) Med Balls, (12) 30 lbs. Ammo Cans
  - Upper Body Plyos (12) Med Balls
  - Battling Ropes (5) Battling Ropes

1200-1300 Lunch (on own) – both Groups

1300-1600 **Groups 1 & 2 swap**

- 1600-1700 **Hands-on session: CORE STABILITY AND FLEXIBILITY – Part 1**
- Core Stability – General & Med Balls
  - Cool down

## Day 3 (Wednesday, 8 JAN)

0730-0740 **Review of Day 2 – Q & A**  
0745-0900 **WARRIOR HITT SESSION**

**Split into groups:**

### Group 1:

0900-1200 **Hands-on session: TRX FORCE TACTICAL CONDITIONING – Part 2**  
**Equipment required: (10-12) TRXs and sole use of anchoring system (TRX S-Frame, HITT Racks, etc.)**

- Review of Part 1 – Q & A
- Tactical Conditioning – LOWER Body dominant

### Group 2:

0900-1230 **Hands-on session: STRENGTH AND POWER – Part 3**  
**Equipment required: Indoor/covered space**

- Dynamic Warm-up - Dynamic Mobility/Muscle Activation
- PNF/Foam rolling (6) Foam rollers
- Kettlebell Movement Patterns (10 -12) various wt. of KBs or Sandbags
- Teach Backs

**Hands-on session: STRENGTH AND POWER – Part 4**  
**Equipment required: Indoor/covered space**

- Olympic Lifting Basics (10-12) Barbells/collars, Bumper Plates
- Teach Backs & Cool-Down

1230-1330 Lunch (on own) – both Groups

1330-1700 **Groups 1 & 2 swap**

## Day 4 (Thursday, 9 JAN)

0730-0740 **Review of Day 3 – Q & A**  
0745-0900 **ATHLETE HITT SESSION**

0900-0920 **Lecture: HITT Testing and Evaluation**

This presentation will cover how to implement the Performance Assessment for the HITT Program

0930-1030 **Hands-on session: HITT TESTING AND EVALUATION**

**Equipment required: Open Field or Indoor space, (4) 20 lbs. Med Balls, (1) 16 lbs. Med Balls, (12) Cones**

- Dynamic Warm-ups – Teach Backs (General/Transit/Dynamic Mobility, Muscle Activation)
- Performance Assessment Test

1030-1230 **Hands-on session: SPEED, AGILITY, AND ENDURANCE – Part 2**

**Equipment required: Open field or indoor space (at least 2000 sq. feet),**

- Cone/Agility Ladders/Reaction Drills (25) Cones

1230-1330 **LUNCH**

1330-1530 **Hands-on session: HITT WORKOUT – Teach backs**

**Equipment required: Open field or indoor space**

- Attendees will be given a HITT session to teach in its entirety
- Includes set-up of stations and assignments of groups

1530-1630 **Course Review, Written Exam, Certificates**

## Travel Day (Friday, 10 JAN)