



## Agenda

**LOCATION** (start of all days): HITT Center (Area 14), Camp Pendleton

### Travel Day (Sunday, 28 Jul)

#### Day 1 (Monday, 29 Jul)

- 0730-0800 Semper Fit staff and attendee introductions  
0800-0900 **Lecture: Introduction to the HITT Program, Methodology, HITT Workout**  
0900-1000 **Lecture: Structural Integrity**  
1000-1200 **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
- 1200-1300 **LUNCH**  
1300-1500 **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, 30 Jul)

- 0730-0745 **Review of Day 1 – Q & A**  
0745-0900 **Lecture: NUTRIENT TIMING & FUELED TO FIGHT**
- 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
  - Teach Backs & Cool-down
- 1200-1300 Lunch (on own) – both Groups  
1300-1630 **Groups 1 & 2 swap**  
1630-1700 **Hands-on session: CORE STABILITY AND FLEXIBILITY – Part 1**
- Core Stability – General & Med Balls
  - Cool down

## Day 3 (Wednesday, 31 Jul)

0730-0745 **Review of Day 2 – Q & A**

### Group 1:

0745-1200

**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:

0745-1030

**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

1030-1200

**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

1200-1300

Lunch (on own) – both Groups

1300-1700

**Groups 1 & 2 swap**

## Day 4 (Thursday, 1 Aug)

0730-0830

**Hands-on session: WARRIOR HITT WORKOUT**

0830-0900

**Lecture: HITT Testing and Evaluation**

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

0900-1000

**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**

- Performance Assessment Test
- Teach Backs

1000-1200

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

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

- Dynamic Warm-ups – Teach Backs (General/Transit/Dynamic Mobility, Muscle Activation)
- Cone/Agility Ladders/Reaction Drills (25) Cones
- Teach Backs & Cool-down

1200-1300

**LUNCH**

1300-1430

**Hands-on session: CORE STABILITY AND FLEXIBILITY – Part 2**

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

- Integrated Flexibility

1400-1530

**Lecture: MARFORRES Semper Fit program policies and procedures**

- Requests and policies for Fitness, Recreation, SMP, and Competitive Events

1530-1630

**Course Review, Written Exam, Certificates**

## Travel Day (Friday, 2 Aug)