



HITT



HIGH INTENSITY TACTICAL TRAINING

WHAT IS HITT?

The High Intensity Tactical Training (HITT) program’s primary purpose is to enhance operational fitness levels and optimize combat readiness and resiliency for the active duty United States Marine. This comprehensive strength and conditioning program takes into consideration the physical demands of operational related activities in order to optimize physical performance while in combat. By implementing the latest cutting edge training methods and fundamental scientific principles, the HITT program focuses on enhancing athleticism for today’s warrior athlete – The United States Marine.



HOW IS HITT DIFFERENT?

The physical demands required to perform operational tasks for the US Marine Corps are specific in nature and require the highest levels of physical fitness. A tactical athlete’s physical fitness should include endurance, speed, strength, agility, and power in order to be successful in task specific situations. With functional training as the main focus in the HITT program, specific emphasis is dedicated towards proper periodization of training as it relates to resiliency. Programs are designed and customized with regards to specificity in

three phases: Pre-Deployment, Deployment and Post-Deployment.

Performance Training Phases for a Marine											
Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July
Pre-Deployment Period			Deployment Period						Post-Deployment Period		
Strengthen			Mitigate						Reintegrate/ Strengthen		



COMBAT FIT. COMBAT READY.



COMPONENTS OF THE HITT PROGRAM

The USMC High Intensity Tactical Training (HITT) program is a comprehensive combat-specific strength and conditioning program that is essential to a Marine's physical development, combat readiness and resiliency. Program emphasis is on key components with relation to superior speed, power, strength, flexibility, endurance and overall combat readiness while reducing the likelihood of injury and ensuring that all Marines are physically prepared for real-time combat / tactical situations while in theatre.

There are 5 unified components of functional based combat performance enhancement within the HITT program:

1. **INJURY PREVENTION**
2. **STRENGTH AND POWER**
3. **SPEED, AGILITY AND ENDURANCE**
4. **CORE STABILITY AND FLEXIBILITY**
5. **“FUELED TO FIGHT” NUTRITION**

Warrior HITT											
Lesson 3 POWER AND AGILITY											
ACTIVE DYNAMIC WARM-UP											
10 Minutes	EXERCISES	SETS	TIME	DIST	REPS	REST	EXERCISES	SETS	TIME	REST	
	Highland Fling	1			15	10 sec.	Crabs	2	25 yds	10 sec.	
	Army Crawl setup	1		20 yds		10 sec.	Power Skip (height)	1	25 yds	10 sec.	
	Leg Cradle	1		20 yds		10 sec.	Groiners	1	15	10 sec.	
	Cross-Over Lunges	2		20 yds		10 sec.	Side Slide w/ Arm Swing	2	25 yds	10 sec.	
	Scorpion	1			10	10 sec.	50% Build-Up	2	25 yds	10 sec.	
POWER											
20 Minutes	OLYMPIC LIFTS	SETS	REPS	TIME	INTENSITY	REST	PLYMETRICS				
	Overhead Squat	3	10		50%	1 min.	Hurdle Jumps	2	10	50%	1 min.
	Romanian Deadlift	3	10		50%	1 min.	Explosive box step ups	2	10	50%	1 min.
	High Pull	3	10		50%	1 min.	Clap Push-up	2	10	50%	1 min.
							Max Ball Slams	2	10	50%	1 min.
AGILITY											
20 Minutes	EXERCISES	SETS	TIME	DIST	REPS	REST	EXERCISES	SETS	TIME	REST	
	In In / Out Out	2		10 yds		20 sec.	Hop Scotch-Leg Lift Alternate	2		10 yds	20 sec.
	Hop Scotch	2		10 yds		20 sec.	Key Shuffle	2		10 yds	20 sec.
	In In / Out Out - Lateral	2		10 yds		20 sec.	Shivers	2		10 yds	20 sec.
	Hop Scotch-Single Leg Lift	2		10 yds		20 sec.	Lateral Scissors	2		10 yds	20 sec.
CORE STABILITY AND FLEXIBILITY											
10 Minutes	EXERCISES	SETS	TIME	DIST	REPS	REST	EXERCISES	SETS	TIME	REST	
	Core Stability	2	30 sec.			10 sec.	Quad/Hoop Stretch	1	30 sec.	10 sec.	
	Flutter Kicks	2	30 sec.			10 sec.	Low Hamstring Stretch	1	30 sec.	10 sec.	
	V-ups	2	30 sec.			10 sec.	Shoulder Stretcher	1	30 sec.	10 sec.	
	Russian Twist	2	30 sec.			10 sec.	Chest Opener	1	30 sec.	10 sec.	
	Leg Raises	2	30 sec.			10 sec.	Sumo Stretch	1	30 sec.	10 sec.	
NOTES: * There should be an important emphasis placed on form and technique during the POWER phase of the workout. * Based on equipment and advice, split the group in half and conduct OL and Plyo with 2 groups - then switch after all sets of reps are complete. * The AGILITY drills should be conducted in a very quick pace with emphasis on quickness. The drills should be performed continuously until all sets are complete. * 10 yds of agility ladders = 2 ladder sets											

CUSTOMIZABLE WORKOUTS

HITT workouts and programs are scalable and can be customized by any combat conditioning leader and fitness specialist allowing the ability to view downloadable videos that provide the proper execution of all exercises and movements in the exercise library.



SCIENTIFICALLY BASED

“As the worldwide authority on strength and conditioning, The National Strength and Conditioning (NSCA) TSAC (Tactical Strength and Conditioning) department supports that the HITT program methodology offers a comprehensive and balanced strength and conditioning approach specific for combat readiness and physical resiliency. The HITT program is aligned with the NSCA’s national standards and guidelines and provides research-based knowledge/curriculum along with practical application to improve athletic performance specific to today’s Warrior Athlete.”



COMBAT FIT. COMBAT READY.



PRINCIPLES OF HITT

A sound strength program needs to focus on appropriate strength, power, elasticity, agility, and speed. The HITT Program will be based on 3 principles of a sound strength and conditioning program:

1. PREVENT POTENTIAL FOR INJURY

Preventing injuries from occurring while increasing the recovery rate from injuries that are unavoidable is the principle focus of the HITT Program. A well designed, balanced, and progressive program will prevent and eliminate muscle imbalances, strengthen tendons and ligaments, along with increasing maximal muscular strength and endurance.



2. INCREASE PERFORMANCE THAT ACTUALLY TRANSFERS TO COMBAT

When training for improved performance the main goal is to improve performance where it counts most...in combat. A sound strength and conditioning program shouldn't include the things you like to do, or the things that you're good at. It should be designed around focusing on a comprehensive approach to balance all facets of performance enhancement, and exercises that will transfer your gains into combat.



3. BUILD STRENGTH, DEVELOP POWERFUL ELASTICITY, AND INCREASE SPEED

The stronger and faster a Marine is the more force they can produce. Powerful elasticity is another factor that will aid in improving performance. While having a great amount of power and strength is important, it is just as much important to be elastic as well.



DAILY WORKOUTS

3 different workout program types with specificity towards a comprehensive approach designed to improve performance of job specific combat readiness balancing physical capacities of strength, power, speed, agility, flexibility and endurance while reducing the likelihood of injuries and over training syndromes.

HITT CENTERS

While certain aspects of the workout can be conducted outdoors, the HITT program will have a permanent indoor presence. HITT centers, outfitted with sprint lanes, synthetic turf for agility drills, and rubberized flooring to accommodate a variety of functional exercises will play a key role in the implementation of the program. The HITT Centers, unlike any fitness facility a Marine has ever used, will allow for optimal performance enhancement, combat readiness and physical resiliency.

COMBAT HITT

Functional Strength and Endurance

WARRIOR HITT

Explosive Power and Agility

ATHLETE HITT

Basic Strength and Speed



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