



HITT

HIGH INTENSITY TACTICAL TRAINING



COMBAT FIT. COMBAT READY.

WHAT IS HITT?



- **Comprehensive**
 - Complete Functional Based Strength and Conditioning Program
- **Mission Specific**
 - Focused on Physical Resiliency, Injury Prevention and Combat Readiness
- **Scalable and Progressive**
 - Customizable for PT leaders, Fitness Staff and individual Marines
- **Scientific Based**
 - NSCA standards based program with TSAC endorsement
- **Results Oriented**
 - Performance Assessment and FMS
- **Easily Accessible**
 - Web Based / App
 - HITT Centers and Lockers



WHY HITT?

There are many off-the-shelf programs do not optimally prepare a Marine for combat specific situations....

- Marines should train for a specific outcome, **NOT** designed around physical appearance.
- True “functional fitness” should mimic what Marines will encounter while in tactical situations.
- Marines should train as warrior athletes = **ELITE** as both a warrior and an athlete.



EVOLUTION OF HITT



- 2006 “Concept for Functional Fitness” Paper Signed by Gen. Amos
- 2007 White Letter on Implementation of CFT signed
- 2008 CFT implemented
- 2009 Combat Conditioning Program initiated by Semper Fit
- 2009 EPME / Semper Fit Collaboration
- 2009 Combat Fitness Specialist embedded at SNCO Academy - Quantico
- 2010 Combat Fitness Specialist at HQMC-Semper Fit
- 2010 Beginning stages of HITT Program under development
- 2010-Present Semper Fit Staff Development and Training:
 - Tactical Strength and Conditioning Facilitator (TSAC-F) Certification
 - USAW Performance Coach Certification
 - Certified Strength and Conditioning Specialist (CSCS) Certification
 - HITT Mixed Modality Course (Includes various certifications)
- Oct 2012 High Intensity Tactical Training Program launched
- Apr 2013 HITT website and mobile app launched
- Jan 2014 HITT Advisory Committee formed
- Mar 2015 HITT 2.0 Launched



NSCA ENDORSEMENT



“As the worldwide authority on strength and conditioning, The National Strength and Conditioning Association’s (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.”

- NSCA-TSAC Department



PRINCIPLES OF THE PROGRAM



The HITT Program is based on 3 principles of a sound strength and conditioning program:

- **Minimize risk for injury**

A well designed, balanced, and progressive program will minimize muscle imbalances, strengthen tendons and ligaments, along with increasing work capacity.

- **Increase performance levels that support combat specific tasks**

A sound strength and conditioning program is designed around a comprehensive approach balancing all facets of performance enhancement, and exercises that will transfer to the demands of combat.

- **Build strength, optimize mobility and increase speed**

A stronger, mobile and faster Marine can deliver more force on demand.



PROGRAM COMPONENTS



There are 5 unified components related to combat performance enhancement within the HITT program:

- Movement Prep
- Strength and Power
- Speed, Agility and Endurance
- Core Stability and Flexibility
- Recovery and Mobility
- “Fueled To Fight” Nutrition



MOVEMENT PREP



The Active Dynamic Warm-Up consists of multi-joint, multi-muscle movements that are functional, similar to mission specific movements, and extend the dynamic range of motion of joints. Requiring balance, coordination, and increased concentration levels, the dynamic warm-up also focuses on flexibility and neuromuscular preparation necessary to perform the HITT workout to follow.

Each warm-up is specific to the workout type.
For example:



Warrior HITT (Agility)

Carioca
Cross Over Lunge
Diagonal Lunge
Side Straddle Hops
Lateral Shuffle

Athlete HITT (Acceleration)

High Knees
Forward Lunge
Power Skip
Long Striders
Mountain Climbers

Combat HITT (Max Speed)

Frontal Leg Swings
Frankenstein
Crab Walk
Inchworm
Butt Kicks

Reload HITT (Endurance)

Fire Hydrants
Heel/Toe Raise
Knee Circles
Prone/Supine Leg Overs
Trunk Flexion/Extension

STRENGTH AND POWER



Based on 7 foundational movements, the strength and power component emphasizes functional movements that will transfer into improved durability and performance for the tactical athlete.

Foundational movement techniques engage the body as a single coordinated system, complement the movements the body performs on the job and in life, and help to build optimal and usable strength, power, mobility and durability.

There are 7 foundational movements that are focused on during each workout within the HITT program:

- Squat
- Lunge
- Plank
- Rotation
- Hinge
- Push
- Pull

= Completely Balanced Functional Approach

Each foundational movement incorporates various modalities such as barbells, kettlebells, sandbags, and TRX's.



FOUNDATIONAL MOVEMENTS



Each foundational movement directly correlates to movement seen in tactical situations.....



SQUAT



LUNGE



ROTATION



PULL



PLANK



PUSH



HINGE

COMPREHENSIVE APPROACH



Each workout type has a specific foundational movement goal in order to ensure a comprehensive approach is applied to the programming. This mitigates the risk of overuse and overtraining syndromes.

Foundational Movement	WARRIOR HITT	ATHLETE HITT	COMBAT HITT
Hinge	Clean	Snatch	Variable
Push	Vertical	Horizontal	Ballistic
Pull	Horizontal	Vertical	Suspended
Squat	Front Load	OH/Back Load	Unloaded
Lunge	Lateral	Linear	Suspended
Plank	Dynamic	Variable	Suspended
Rotation	Ballistic	Loaded	Resisted



SPEED, AGILITY & ENDURANCE



The speed, agility and endurance phase of the program incorporates different modalities and focuses on a balanced approach between explosive starts/acceleration, deceleration, multi-directional movements and cardiovascular endurance.

Modalities in HITT program include:

- Agility Cones
- Agility Ladder
- Agility Hurdles
- Endurance Drills
- Starts/Acceleration Drills
- Max Speed Drills

Speed is greatly enhanced when combined with explosive power movements such as Olympic Lifts and Plyometrics (ie. Warrior HITT)



CORE STABILITY & FLEXIBILITY



The core supports the spine and all movement of the body which includes the trunk. Core stability training:

- Targets muscles deep inside the torso which connect to the spine, pelvis, and shoulders.
- Supports body movements that take place along all three planes of movement (frontal, sagittal, transverse)
- Supports movements that require rotation



Physical performance is enhanced when a safe and effective flexibility training program is a part of the Marines' workout.

- A flexible joint can move through greater range of motion and reduces the risk of injury.
- Static stretching movements have also been proven to help reduce muscle soreness after exercise.

Modalities in HITT Program include:

- Medicine Balls
- Ammo Cans
- Sandbags
- TRX Suspension Trainer

RECOVERY & MOBILITY



This phase of the program focuses on incorporating corrective exercises focused on recovery and mobility in order to mitigate the risk of injuries and overuse syndromes.

- Utilized as a regeneration day (RELOAD HITT) during program (Tuesdays / Thursdays)
- Increased active dynamic warm-up time to increase mobility and flexibility
- Focuses on corrective exercises that enable the body to be balanced

Each RELOAD workout consists of the following categories:

Warm-Up / Foam Rolling Exercises

Mobility Exercises

Endurance Drills



WORKOUT MODULES



There are 6 workout program modules with specificity towards a comprehensive training approach within the HITT program.

These are designed to improve performance of mission specific combat readiness balancing physical capacities, strength, power, speed, agility and endurance while reducing the likelihood of injuries and over training syndromes.

- **Warrior HITT:** 25 Pre-Designed
- **Combat HITT:** 25 Pre-Designed
- **Athlete HITT:** 25 Pre-Designed
- **Reload HITT:** 25 Pre-Designed
- **Company HITT:** 6 Weeks
- **Female PFT Prep:** 8 Weeks



PERFORMANCE ASSESSMENT



HITT test selection is based on assessing overall athleticism and mobility. Due to the design of the HITT training program, the performance evaluation assesses overall abilities of athletic performance as it relates to specific athletic movements.

There are 7 performance assessment metrics assessed on each Marine within the HITT program.

- **Prone 25 Yard Dash** – Measures Linear Speed
- **Prone 3 Cone Drill** – Measures Change of Direction
- **Prone 5-10-5 Drill** – Measures Agility
- **Kneeling Med Ball Throw** – Measures Upper Body Power
- **Standing Broad Jump** – Measures Lower Body Power
- **300 Yard Shuttle** – Measures Anaerobic Endurance
- **Functional Movement Screen (FMS)** – Measures Mobility



HITT CENTERS AND LOCKERS



HITT CENTERS

Equipped with functional training equipment such as power racks, suspension training kits, kettle bells, speed harnesses and weighted vests. Our vision is to have the HITT centers provide Marines a combat specific venue to train in a manner that can help them become mission ready and injury free.



HITT LOCKERS

Equipped much like HITT centers, the lockers provide a portable, easy-to-assemble fitness solution customized to HITT programming.

Located on installations where HITT Centers may not be easily accessible and may become available for deployments.



HITT COURSES



Semper Fit provides HITT Courses to all active duty and reservist Marines at no cost. There are 2 Different Levels of courses, Level 1 and Level 2. Level 1 is a pre-requisite to Level 2.

LEVEL 1 (5 day course):

Introductory course that educates Marines on the HITT methodology and programming. Each component in the program will be covered. At the conclusion of the course, Marines will have basic competence of the HITT program in order to deliver the program to other Marines. Marines will have access to all pre-designed workouts and exercise videos via website and app.

LEVEL 2 (4 day course):

Advanced course that focuses on coaching cues, correct technique with the most complex movements and periodization. Topics covered include 1 day each of Kettlebell / Sandbag Training, Olympic Lift Technique, Speed Mechanics and Program Periodization. Marines will be provided access to blank HITT workout templates in order to design their own workouts for units.

**There is a course exam and/ or practical for each course level that Marines must pass in order to receive certificate of completion.*

COURSE OBJECTIVES



Upon completion of the HITT courses, Marines should be able to...

- Implement the program methodology
- Demonstrate the 7 foundational movements in the program
- Understand the differences between the 6 program types within the HITT program
- Safely and effectively demonstrate exercises using any modality in the program
- Safely and effectively conduct HITT training for other Marines utilizing the pre-designed workouts and “build your own” workout templates



HITT staff conducting sessions and courses hold a combination of the following credentials:

- Certified Strength and Conditioning Specialist (CSCS) Certification
- USAW – Sports Performance Level 1 or Club Coach Certification
- Tactical Strength and Conditioning Facilitator (TSAC-F) Certification
- TRX Level 1, 2 and 3 Certifications
- HKC Kettlebell Certification
- Functional Movement Screen (FMS) Certified
- Advanced Olympic Lifting Certification

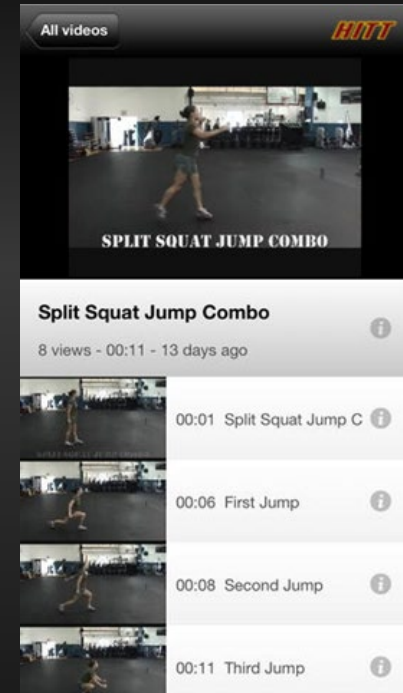
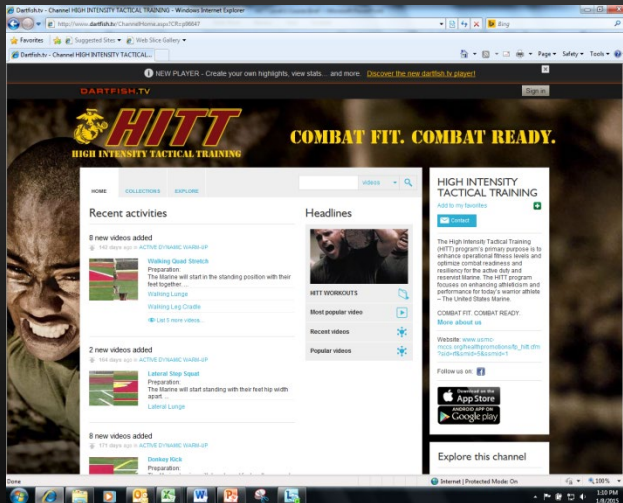


WEBSITE AND APP



FREE for all Marines to download, the HITT website and mobile app provides the following capabilities:

- Virtual Coach at your side
- Over 450 Exercise Videos
- Detailed Exercise Description and Execution
- Over 150 Pre-Designed Workouts



App can be downloaded on Google Play and iTunes store

www.usmc-mccs.org/HITT

THE BOTTOM LINE



To summarize, the benefits of the High Intensity Tactical Training Program will be twofold:

- An improvement in job specific combat tasks, combat readiness and overall physical performance
- Reduced injury rates, which can lead to an increased operational longevity of the tactical athlete





Questions ?

Name

Contact Info
