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

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<th>Aug</th>
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<tr>
<td>Pre-Deployment Period</td>
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<td>Deployment Period</td>
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<td>Post-Deployment Period</td>
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<td>Reintegrate/ Strengthen</td>
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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

**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.”
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.