

**HITT Center Unit PT/Mobile Unit Scheduling Form**  
**(Mobile Units MUST Be Scheduled At Least One Week In Advance)**  
*(Confirm participation or cancellation 48hrs prior to requested date)*

Requested Date and Time: \_\_\_\_\_

**Staff Use Only**

Unit: \_\_\_\_\_

Request Taken By: \_\_\_\_\_

Unit POC: Name: \_\_\_\_\_

Request Confirmed By: \_\_\_\_\_

Rank: \_\_\_\_\_

Request Put in Black Book By: \_\_\_\_\_

Office Phone #: \_\_\_\_\_

Cell #: \_\_\_\_\_

Date Request was submitted: \_\_\_\_\_

Number of PT Participants: \_\_\_\_\_ Requested Location: Bldg. # to include Street: \_\_\_\_\_

Directions to PT location from HITT Center (Building 401, L St):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**HITT Overview**

The High Intensity Tactical Training (HITT) program's primary purpose is to enhance operational fitness levels and optimize combat readiness and resiliency for the United States Marine. While not directive in nature, HITT supports Commanders in their duties to optimize the combat readiness of their Marines. It complements other physical training Commanders/individual Marines utilize to obtain and maintain physical fitness. 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 tactical athlete - The United States Marine. Emphasis of the HITT program is on key components with relation to superior speed, power, strength endurance and overall combat readiness while reducing the likelihood of injury and ensuring that all Marines are physically prepared for combat. The 4 major components of the HITT combat performance enhancement program include Active Dynamic Warm-Up, Strength and Power, Speed and Agility, and Flexibility and Core Stability.

**Please check beside which workout format you would like for your unit PT. Minimum personnel is 25 for the Mobile Unit to come to your location.**

**Any HITT Unit PT Sessions with 50+ will be done with HITT Program Exercises from the HITT Library to include, but not limited to; plyometrics, speed, endurance, and acceleration done in a high intensity format with an appropriate level of work:rest ratio. The instructor may use the pre-designed METCONS from the HITT WODS portion of the HITT Program in order to supply the best workout for the Marines and Sailors.**

- **Combat HITT**: Develops functional strength and endurance utilizing suspension trainers, ammo cans, partner drills and incline endurance training. This will include warm-up, core stability and flexibility.
  
- **Warrior HITT**: Develops explosive power and agility utilizing Olympic lifts (OL), plyometrics, battle ropes, cones, hurdles and ladders. This will include warm-up, core stability and flexibility.
  
- **Athlete HITT**: Develops basic strength and linear speed utilizing barbells, kettlebells, dumbbells, speed harnesses, resistance trainers and sleds. This will include warm-up, core stability and flexibility.