



Semper Fit HITT Train the Trainer

Day One

- 0730-0800 Course Introduction/ HITT Brief
0800-0900 Lecture 1: Training for Performance
0900-1000 HITT Assessments/ FMS demo
1000-1200 Practical Session 1:
- Dynamic Warm-ups
 - General Mobility
 - Muscle Activation
 - Transit Mobility
 - Dynamic Mobility
- 1200-1300 Lunch
1300-1600 Practical Session 2:
- Dynamic Warm-up
 - Kettlebells I
 - Upper and Lower Plyometrics
 - Speed (Acceleration, Max Speed, Sprints) and Agility (cones/ ladders) I

Day Two

- 0730-0830 Lecture 2: Taking HITT to your Unit
0830-1130 Practical Session 3:
- Dynamic Warm-up
 - Med Ball Drills
 - Ammo Can Series
 - Barbell series
- 1130-1230 Lunch
1230-1400 Combat HITT Session
1400-1600 Evaluation 1:
- Dynamic Warm-up teach backs

Day Three

- 0730-1000 Practical Session 4:
- Dynamic Warm-up
 - Buddy Series

- Core to include TRX
 - Conditioning Ropes
- 1100-1200 Practical Application: Design a training circuit (small group)
- 1200-1300 Lunch
- 1300-1400 Lecture 4: Injury Prevention
- 1400-1600 Practical Session 5:
- Dynamic Warm-up
 - TRX I
 - Kettlebell II
 - Speed and Agility II

Day Four

- 0730-0845 Lecture 5: Tactical Nutrition
- 0845-1200 Practical Session 6:
- Olympic Series (Clean, Jerk and Snatch)
- 1200-1300 Lunch
- 1300-1600 Practical Session 7:
- Dynamic Warm-up
 - TRX II
 - Endurance series
 - Dumbbell series

Day Five

- 0730-0930 Practical Session 8:
- Olympic Series review
- 0930-1200 Evaluation 2:
- Training mode teach backs
 - Design a training circuit presentations
 - Course critiques
 - Final exam
- 1200-1300 Lunch
- 1300-1600 Warrior HITT Session/ Review