



The primary purpose of the High Intensity Tactical Training (HITT) program is to enhance operational fitness levels and optimize combat readiness and resiliency for the 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 tactical athlete – The United States Marine.

### Ironman HITT

Is a land and water based program. We combine HITT and AMP-IT to give patrons an ultimate workout. There will be 3 IRONMANS this summer and each one will get a little tougher. The first one will be July 17<sup>th</sup> and it will be a 20 minute HITT workout, run, 20 min AMP-IT workout. The second will be August 21st and it will be a 20 minute HITT workout, bike, 20 minute AMP-IT workout. And the final one will be September 18<sup>th</sup> and it will be a 20 minute HITT workout, run, bike, 20 minute AMP-IT workout. Sign up for the IRONMAN will be at the fitness center. Deadlines to sign up for each, are July 14<sup>th</sup>, August 18<sup>th</sup>, and September 15<sup>th</sup>. For more details or questions call Whitney at the Fitness Center 639-6234.