



HITT

HIGH INTENSITY TACTICAL TRAINING

PFT PREP PROGRAM

WEEK 1

DAY 1			
WARM-UP			
EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Alternating Plyo Push Up			
MB Arch Chops			
STATION 2			
Clap Push-up			
MB Figure 8's			
STATION 3			
Depth Push-up			
MB Obliques			
STATION 4			
Traveling Push-Up			
MB Single Leg Chops			
STATION 5			
One-Arm Plyo Push-up			
MB Single Leg V-Ups			
ENDURANCE			
60 Yd. Shuttle	4 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Side Bend Stretch			
Glute Stretch			
Upper Back Stretch			
Hip Flexor Stretch			

DAY 2			
WARM-UP			
EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Pull-Ups			
Hanging Knee Raises			
STATION 2			
Pullover			
Hanging Windmills			
STATION 3			
Pushup w/Row			
Hanging Flutter Kicks			
STATION 4			
Pushups			
Hanging Leg Lowers			
STATION 5			
Bicep Curl			
Hanging Oblique Knee Raise			
ENDURANCE			
110 Yd. Sprints	4 Reps - 45 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Neck Stretch			
Quadricep Stretch			
Shoulder Stretch			
Sumo Stretch			
Triceps Stretch			

DAY 3			
WARM-UP			
EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
TRX Pull Up			
TRX Atomic Push Up			
STATION 2			
TRX Bicep Curl			
TRX Atomic Oblique Push Up			
STATION 3			
TRX Low Row			
TRX Crunch - Hands			
STATION 4			
TRX Power Pull			
TRX Oblique Crunch - Hands			
STATION 5			
TRX Spider Man Push Up			
TRX Pike			
ENDURANCE			
5-15 Shuttle Run (30 Sec. Continuous)	4 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Cross Body Stretch			
Glute Stretch			
Hamstring Stretch			
Hip Flexor Stretch			



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WEEK 2

DAY 1			
WARM-UP			
EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Alternating Plyo Push Up			
MB Arch Chops			
STATION 2			
Med Ball Slams			
MB Figure 8's			
STATION 3			
Med Ball Slams			
MB Obliques			
STATION 4			
Traveling Push-Up			
MB Single Leg Chops			
STATION 5			
One-Arm Plyo Push-up			
MB Single Leg V-Ups			
ENDURANCE			
60 Yd. Shuttle	4 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Side Bend Stretch			
Glute Stretch			
Upper Back Stretch			
Hip Flexor Stretch			

DAY 2			
WARM-UP			
EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Military Press			
Hanging Knee Raises			
STATION 2			
Pullover			
Hanging Windmills			
STATION 3			
Pushup w/Row			
Hanging Flutter Kicks			
STATION 4			
Upright Row			
Hanging Leg Lowers			
STATION 5			
Bicep Curl			
Hanging Oblique Knee Raise			
ENDURANCE			
880 Meter Run	4 Reps - 2 Min. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Neck Stretch			
Quadricep Stretch			
Shoulder Stretch			
Sumo Stretch			
Triceps Stretch			

DAY 3			
WARM-UP			
EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
TRX Row (SA)			
TRX Atomic Push Up			
STATION 2			
TRX Bicep Curl			
TRX Atomic Oblique Push Up			
STATION 3			
TRX Tricep Press			
TRX Crunch - Hands			
STATION 4			
TRX Power Pull			
TRX Oblique Crunch - Hands			
STATION 5			
TRX Inverted Row			
TRX Pike			
ENDURANCE			
5-15 Shuttle Run (30 Sec. Continuous)	4 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Cross Body Stretch			
Glute Stretch			
Hamstring Stretch			
Hip Flexor Stretch			



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WEEK 3

DAY 1				DAY 2				DAY 3			
WARM-UP				WARM-UP				WARM-UP			
EXERCISES	SETS	TIME	REST	EXERCISES	SETS	TIME	REST	EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.	Stationary Squat	1	20 sec.	10 sec.	Heel / Toe Raise	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.	Highland Fling	1	20 sec.	10 sec.	Knee To Elbow Push-Up	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.	Arm Circles	1	20 sec.	10 sec.	Trunk Circles	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.	Squat Drops	1	20 sec.	10 sec.	Jump Thrust	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.	Mountain Climbers	1	20 sec.	10 sec.	Split Squat Drops	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.	Speed Skaters	1	20 sec.	10 sec.	Wideouts	1	20 sec.	10 sec.
METCON				METCON				METCON			
STATION 1		NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		STATION 1		NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		STATION 1		NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.	
Alternating Plyo Push Up				Pull-Ups				TRX Pull Up			
MB Arch Chops				Hanging Knee Raises				TRX Atomic Push Up			
STATION 2				STATION 2				STATION 2			
Clap Push-up				Pullover				TRX Bicep Curl			
MB Figure 8's		Hanging Windmills		TRX Atomic Oblique Push Up							
STATION 3		STATION 3		STATION 3							
Depth Push-up		Pushup w/Row		TRX Low Row							
MB Obliques		Hanging Flutter Kicks		TRX Crunch - Hands							
STATION 4		STATION 4		STATION 4							
Traveling Push-Up		Pushups		TRX Power Pull							
MB Single Leg Chops		Hanging Leg Lowers		TRX Oblique Crunch - Hands							
STATION 5		STATION 5		STATION 5							
One-Arm Plyo Push-up		Bicep Curl		TRX Spider Man Push Up							
MB Single Leg V-Ups		Hanging Oblique Knee Raise		TRX Pike							
ENDURANCE				ENDURANCE				ENDURANCE			
300 Yd. Shuttle		2 Reps - 2 Min. Rest Between Reps		110 Yd. Sprints		4 Reps - 45 Sec. Rest Between Reps		5-15 Shuttle Run (30 Sec. Continuous)		4 Reps - 60 Sec. Rest Between Reps	
COOL DOWN				COOL DOWN				COOL DOWN			
GENERAL STRETCHES		NOTES: Perform each stretch and hold for 30 seconds. 1 set each		GENERAL STRETCHES		NOTES: Perform each stretch and hold for 30 seconds. 1 set each		GENERAL STRETCHES		NOTES: Perform each stretch and hold for 30 seconds. 1 set each	
Chest Stretch				Neck Stretch				Chest Stretch			
Side Bend Stretch				Quadricep Stretch				Cross Body Stretch			
Glute Stretch				Shoulder Stretch				Glute Stretch			
Upper Back Stretch				Sumo Stretch				Hamstring Stretch			
Hip Flexor Stretch				Triceps Stretch				Hip Flexor Stretch			



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WEEK 4

DAY 1

WARM-UP

EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.

METCON

STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
Alternating Plyo Push Up	
MB Arch Chops	
STATION 2	
Clap Push-up	
MB Figure 8's	
STATION 3	# Sets / Station = 3
Depth Push-up	Time / Exercise = 30 sec.
MB Obliques	Rest Between Stations = 30 sec.
STATION 4	Total METCON time = 20 min.
Traveling Push-Up	
MB Single Leg Chops	
STATION 5	
One-Arm Plyo Push-up	
MB Single Leg V-Ups	

ENDURANCE

60 Yd. Shuttle	4 Reps - 60 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Chest Stretch	
Side Bend Stretch	
Glute Stretch	
Upper Back Stretch	
Hip Flexor Stretch	

DAY 2

WARM-UP

EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.

METCON

STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
Pull-Ups	
Hanging Knee Raises	
STATION 2	
Pullover	
Hanging Windmills	
STATION 3	# Sets / Station = 3
Pushup w/Row	Time / Exercise = 30 sec.
Hanging Flutter Kicks	Rest Between Stations = 30 sec.
STATION 4	Total METCON time = 20 min.
Pushups	
Hanging Leg Lowers	
STATION 5	
Bicep Curl	
Hanging Oblique Knee Raise	

ENDURANCE

110 Yd. Sprints	4 Reps - 45 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Neck Stretch	
Quadricep Stretch	
Shoulder Stretch	
Sumo Stretch	
Triceps Stretch	

DAY 3

WARM-UP

EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.

METCON

STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
TRX Pull Up	
TRX Atomic Push Up	
STATION 2	
TRX Bicep Curl	
TRX Atomic Oblique Push Up	
STATION 3	# Sets / Station = 3
TRX Low Row	Time / Exercise = 30 sec.
TRX Crunch - Hands	Rest Between Stations = 30 sec.
STATION 4	Total METCON time = 20 min.
TRX Power Pull	
TRX Oblique Crunch - Hands	
STATION 5	
TRX Spider Man Push Up	
TRX Pike	

ENDURANCE

5-15 Shuttle Run (30 Sec. Continuous)	4 Reps - 60 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Chest Stretch	
Cross Body Stretch	
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	



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PFT PREP PROGRAM

WEEK 5

DAY 1

WARM-UP

EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.

METCON

STATION 1	NOTES:
Alternating Plyo Push Up	Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3
MB Arch Chops	
STATION 2	
Med Ball Slams	
MB Figure 8's	
STATION 3	Time / Exercise = 30 sec.
Med Ball Slams	Rest Between Stations = 30 sec.
MB Obliques	Total METCON time = 20 min.
STATION 4	
Traveling Push-Up	
MB Single Leg Chops	
STATION 5	
One-Arm Plyo Push-up	
MB Single Leg V-Ups	

ENDURANCE

60 Yd. Shuttle	6 Reps - 60 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES:
Chest Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Side Bend Stretch	
Glute Stretch	
Upper Back Stretch	
Hip Flexor Stretch	

DAY 2

WARM-UP

EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.

METCON

STATION 1	NOTES:
Military Press	Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3
Hanging Knee Raises	
STATION 2	
Pullover	
Hanging Windmills	
STATION 3	Time / Exercise = 30 sec.
Pushup w/Row	Rest Between Stations = 30 sec.
Hanging Flutter Kicks	Total METCON time = 20 min.
STATION 4	
Upright Row	
Hanging Leg Lowers	
STATION 5	
Bicep Curl	
Hanging Oblique Knee Raise	

ENDURANCE

880 Meter Run	6 Reps - 2 Min. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES:
Neck Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Quadricep Stretch	
Shoulder Stretch	
Sumo Stretch	
Triceps Stretch	

DAY 3

WARM-UP

EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.

METCON

STATION 1	NOTES:
TRX Row (SA)	Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3
TRX Atomic Push Up	
STATION 2	
TRX Bicep Curl	
TRX Atomic Oblique Push Up	
STATION 3	Time / Exercise = 30 sec.
TRX Tricep Press	Rest Between Stations = 30 sec.
TRX Crunch - Hands	Total METCON time = 20 min.
STATION 4	
TRX Power Pull	
TRX Oblique Crunch - Hands	
STATION 5	
TRX Inverted Row	
TRX Pike	

ENDURANCE

5-15 Shuttle Run (30 Sec. Continuous)	6 Reps - 60 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES:
Chest Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Cross Body Stretch	
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	



HITT

HIGH INTENSITY TACTICAL TRAINING

PFT PREP PROGRAM

WEEK 6

DAY 1

WARM-UP

EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.

METCON

STATION 1	NOTES:
Alternating Plyo Push Up	Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.
MB Arch Chops	
STATION 2	
Clap Push-up	
MB Figure 8's	
STATION 3	
Depth Push-up	
MB Obliques	
STATION 4	
Traveling Push-Up	
MB Single Leg Chops	
STATION 5	
One-Arm Plyo Push-up	
MB Single Leg V-Ups	

ENDURANCE

300 Yd. Shuttle	2 Reps - 2 Min. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES:
Chest Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Side Bend Stretch	
Glute Stretch	
Upper Back Stretch	
Hip Flexor Stretch	

DAY 2

WARM-UP

EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.

METCON

STATION 1	NOTES:
Pull-Ups	Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.
Hanging Knee Raises	
STATION 2	
Pullover	
Hanging Windmills	
STATION 3	
Pushup w/Row	
Hanging Flutter Kicks	
STATION 4	
Pushups	
Hanging Leg Lowers	
STATION 5	
Bicep Curl	
Hanging Oblique Knee Raise	

ENDURANCE

110 Yd. Sprints	6 Reps - 45 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES:
Neck Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Quadricep Stretch	
Shoulder Stretch	
Sumo Stretch	
Triceps Stretch	

DAY 3

WARM-UP

EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.

METCON

STATION 1	NOTES:
TRX Pull Up	Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.
TRX Atomic Push Up	
STATION 2	
TRX Bicep Curl	
TRX Atomic Oblique Push Up	
STATION 3	
TRX Low Row	
TRX Crunch - Hands	
STATION 4	
TRX Power Pull	
TRX Oblique Crunch - Hands	
STATION 5	
TRX Spider Man Push Up	
TRX Pike	

ENDURANCE

5-15 Shuttle Run (30 Sec. Continuous)	6 Reps - 60 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES:
Chest Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Cross Body Stretch	
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	



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PFT PREP PROGRAM

WEEK 7

DAY 1

WARM-UP

EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.

METCON

STATION 1	NOTES:
Alternating Plyo Push Up	Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3
MB Arch Chops	
STATION 2	
Med Ball Slams	
MB Figure 8's	
STATION 3	Time / Exercise = 30 sec.
Med Ball Slams	Rest Between Stations = 30 sec.
MB Obliques	Total METCON time = 20 min.
STATION 4	
Traveling Push-Up	
MB Single Leg Chops	
STATION 5	
One-Arm Plyo Push-up	
MB Single Leg V-Ups	

ENDURANCE

60 Yd. Shuttle	6 Reps - 60 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES:
Chest Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Side Bend Stretch	
Glute Stretch	
Upper Back Stretch	
Hip Flexor Stretch	

DAY 2

WARM-UP

EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.

METCON

STATION 1	NOTES:
Military Press	Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3
Hanging Knee Raises	
STATION 2	
Pullover	
Hanging Windmills	
STATION 3	Time / Exercise = 30 sec.
Pushup w/Row	Rest Between Stations = 30 sec.
Hanging Flutter Kicks	Total METCON time = 20 min.
STATION 4	
Upright Row	
Hanging Leg Lowers	
STATION 5	
Bicep Curl	
Hanging Oblique Knee Raise	

ENDURANCE

880 Meter Run	6 Reps - 2 Min. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES:
Neck Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Quadricep Stretch	
Shoulder Stretch	
Sumo Stretch	
Triceps Stretch	

DAY 3

WARM-UP

EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.

METCON

STATION 1	NOTES:
TRX Row (SA)	Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3
TRX Atomic Push Up	
STATION 2	
TRX Bicep Curl	
TRX Atomic Oblique Push Up	
STATION 3	Time / Exercise = 30 sec.
TRX Tricep Press	Rest Between Stations = 30 sec.
TRX Crunch - Hands	Total METCON time = 20 min.
STATION 4	
TRX Power Pull	
TRX Oblique Crunch - Hands	
STATION 5	
TRX Inverted Row	
TRX Pike	

ENDURANCE

5-15 Shuttle Run (30 Sec. Continuous)	6 Reps - 60 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES:
Chest Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Cross Body Stretch	
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	



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HIGH INTENSITY TACTICAL TRAINING

PFT PREP PROGRAM

WEEK 8

DAY 1

WARM-UP

EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.

METCON

STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
Alternating Plyo Push Up	
MB Arch Chops	
STATION 2	
Clap Push-up	
MB Figure 8's	
STATION 3	# Sets / Station = 3
Depth Push-up	Time / Exercise = 30 sec.
MB Obliques	Rest Between Stations = 30 sec.
STATION 4	Total METCON time = 20 min.
Traveling Push-Up	
MB Single Leg Chops	
STATION 5	
One-Arm Plyo Push-up	
MB Single Leg V-Ups	

ENDURANCE

60 Yd. Shuttle	6 Reps - 60 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Chest Stretch	
Side Bend Stretch	
Glute Stretch	
Upper Back Stretch	
Hip Flexor Stretch	

DAY 2

WARM-UP

EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.

METCON

STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
Pull-Ups	
Hanging Knee Raises	
STATION 2	
Pullover	
Hanging Windmills	
STATION 3	# Sets / Station = 3
Pushup w/Row	Time / Exercise = 30 sec.
Hanging Flutter Kicks	Rest Between Stations = 30 sec.
STATION 4	Total METCON time = 20 min.
Pushups	
Hanging Leg Lowers	
STATION 5	
Bicep Curl	
Hanging Oblique Knee Raise	

ENDURANCE

110 Yd. Sprints	6 Reps - 45 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Neck Stretch	
Quadricep Stretch	
Shoulder Stretch	
Sumo Stretch	
Triceps Stretch	

DAY 3

WARM-UP

EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.

METCON

STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
TRX Pull Up	
TRX Atomic Push Up	
STATION 2	
TRX Bicep Curl	
TRX Atomic Oblique Push Up	
STATION 3	# Sets / Station = 3
TRX Low Row	Time / Exercise = 30 sec.
TRX Crunch - Hands	Rest Between Stations = 30 sec.
STATION 4	Total METCON time = 20 min.
TRX Power Pull	
TRX Oblique Crunch - Hands	
STATION 5	
TRX Spider Man Push Up	
TRX Pike	

ENDURANCE

5-15 Shuttle Run (30 Sec. Continuous)	6 Reps - 60 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Chest Stretch	
Cross Body Stretch	
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	



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WEEK 9

DAY 1

WARM-UP

EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.

METCON

STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
Alternating Plyo Push Up	
MB Arch Chops	
STATION 2	
Clap Push-up	
MB Figure 8's	
STATION 3	# Sets / Station = 3
Depth Push-up	Time / Exercise = 30 sec.
MB Obliques	Rest Between Stations = 30 sec.
STATION 4	Total METCON time = 20 min.
Traveling Push-Up	
MB Single Leg Chops	
STATION 5	
One-Arm Plyo Push-up	
MB Single Leg V-Ups	

ENDURANCE

300 Yd. Shuttle	3 Reps - 2 Min. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Chest Stretch	
Side Bend Stretch	
Glute Stretch	
Upper Back Stretch	
Hip Flexor Stretch	

DAY 2

WARM-UP

EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.

METCON

STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
Pull-Ups	
Hanging Knee Raises	
STATION 2	
Pullover	
Hanging Windmills	
STATION 3	# Sets / Station = 3
Pushup w/Row	Time / Exercise = 30 sec.
Hanging Flutter Kicks	Rest Between Stations = 30 sec.
STATION 4	Total METCON time = 20 min.
Pushups	
Hanging Leg Lowers	
STATION 5	
Bicep Curl	
Hanging Oblique Knee Raise	

ENDURANCE

110 Yd. Sprints	8 Reps - 45 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Neck Stretch	
Quadricep Stretch	
Shoulder Stretch	
Sumo Stretch	
Triceps Stretch	

DAY 3

WARM-UP

EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.

METCON

STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
TRX Pull Up	
TRX Atomic Push Up	
STATION 2	
TRX Bicep Curl	
TRX Atomic Oblique Push Up	
STATION 3	# Sets / Station = 3
TRX Low Row	Time / Exercise = 30 sec.
TRX Crunch - Hands	Rest Between Stations = 30 sec.
STATION 4	Total METCON time = 20 min.
TRX Power Pull	
TRX Oblique Crunch - Hands	
STATION 5	
TRX Spider Man Push Up	
TRX Pike	

ENDURANCE

5-15 Shuttle Run (30 Sec. Continuous)	8 Reps - 60 Sec. Rest Between Reps
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COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Chest Stretch	
Cross Body Stretch	
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	



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WEEK 10

DAY 1			
WARM-UP			
EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Alternating Plyo Push Up			
MB Arch Chops			
STATION 2			
Med Ball Slams			
MB Figure 8's			
STATION 3			
Med Ball Slams			
MB Obliques			
STATION 4			
Traveling Push-Up			
MB Single Leg Chops			
STATION 5			
One-Arm Plyo Push-up			
MB Single Leg V-Ups			
ENDURANCE			
60 Yd. Shuttle	8 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Side Bend Stretch			
Glute Stretch			
Upper Back Stretch			
Hip Flexor Stretch			

DAY 2			
WARM-UP			
EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Military Press			
Hanging Knee Raises			
STATION 2			
Pullover			
Hanging Windmills			
STATION 3			
Pushup w/Row			
Hanging Flutter Kicks			
STATION 4			
Upright Row			
Hanging Leg Lowers			
STATION 5			
Bicep Curl			
Hanging Oblique Knee Raise			
ENDURANCE			
880 Meter Run	8 Reps - 2 Min. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Neck Stretch			
Quadricep Stretch			
Shoulder Stretch			
Sumo Stretch			
Triceps Stretch			

DAY 3			
WARM-UP			
EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
TRX Row (SA)			
TRX Atomic Push Up			
STATION 2			
TRX Bicep Curl			
TRX Atomic Oblique Push Up			
STATION 3			
TRX Tricep Press			
TRX Crunch - Hands			
STATION 4			
TRX Power Pull			
TRX Oblique Crunch - Hands			
STATION 5			
TRX Inverted Row			
TRX Pike			
ENDURANCE			
5-15 Shuttle Run (30 Sec. Continuous)	8 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Cross Body Stretch			
Glute Stretch			
Hamstring Stretch			
Hip Flexor Stretch			



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PFT PREP PROGRAM

WEEK 11

DAY 1			
WARM-UP			
EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Alternating Plyo Push Up			
MB Arch Chops			
STATION 2			
Clap Push-up			
MB Figure 8's			
STATION 3			
Depth Push-up			
MB Obliques			
STATION 4			
Traveling Push-Up			
MB Single Leg Chops			
STATION 5			
One-Arm Plyo Push-up			
MB Single Leg V-Ups			
ENDURANCE			
60 Yd. Shuttle	8 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Side Bend Stretch			
Glute Stretch			
Upper Back Stretch			
Hip Flexor Stretch			

DAY 2			
WARM-UP			
EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Pull-Ups			
Hanging Knee Raises			
STATION 2			
Pullover			
Hanging Windmills			
STATION 3			
Pushup w/Row			
Hanging Flutter Kicks			
STATION 4			
Pushups			
Hanging Leg Lowers			
STATION 5			
Bicep Curl			
Hanging Oblique Knee Raise			
ENDURANCE			
110 Yd. Sprints	8 Reps - 45 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Neck Stretch			
Quadricep Stretch			
Shoulder Stretch			
Sumo Stretch			
Triceps Stretch			

DAY 3			
WARM-UP			
EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
TRX Pull Up			
TRX Atomic Push Up			
STATION 2			
TRX Bicep Curl			
TRX Atomic Oblique Push Up			
STATION 3			
TRX Low Row			
TRX Crunch - Hands			
STATION 4			
TRX Power Pull			
TRX Oblique Crunch - Hands			
STATION 5			
TRX Spider Man Push Up			
TRX Pike			
ENDURANCE			
5-15 Shuttle Run (30 Sec. Continuous)	8 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Cross Body Stretch			
Glute Stretch			
Hamstring Stretch			
Hip Flexor Stretch			



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WEEK 12

DAY 1			
WARM-UP			
EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Alternating Plyo Push Up			
MB Arch Chops			
STATION 2			
Clap Push-up			
MB Figure 8's			
STATION 3			
Depth Push-up			
MB Obliques			
STATION 4			
Traveling Push-Up			
MB Single Leg Chops			
STATION 5			
One-Arm Plyo Push-up			
MB Single Leg V-Ups			
ENDURANCE			
300 Yd. Shuttle	3 Reps - 2 Min. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Side Bend Stretch			
Glute Stretch			
Upper Back Stretch			
Hip Flexor Stretch			

DAY 2			
WARM-UP			
EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Pull-Ups			
Hanging Knee Raises			
STATION 2			
Pullover			
Hanging Windmills			
STATION 3			
Pushup w/Row			
Hanging Flutter Kicks			
STATION 4			
Pushups			
Hanging Leg Lowers			
STATION 5			
Bicep Curl			
Hanging Oblique Knee Raise			
ENDURANCE			
110 Yd. Sprints	8 Reps - 45 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Neck Stretch			
Quadricep Stretch			
Shoulder Stretch			
Sumo Stretch			
Triceps Stretch			

DAY 3			
WARM-UP			
EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
TRX Pull Up			
TRX Atomic Push Up			
STATION 2			
TRX Bicep Curl			
TRX Atomic Oblique Push Up			
STATION 3			
TRX Low Row			
TRX Crunch - Hands			
STATION 4			
TRX Power Pull			
TRX Oblique Crunch - Hands			
STATION 5			
TRX Spider Man Push Up			
TRX Pike			
ENDURANCE			
5-15 Shuttle Run (30 Sec. Continuous)	8 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Cross Body Stretch			
Glute Stretch			
Hamstring Stretch			
Hip Flexor Stretch			



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WEEK 13

DAY 1			
WARM-UP			
EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Alternating Plyo Push Up			
MB Arch Chops			
STATION 2			
Med Ball Slams			
MB Figure 8's			
STATION 3			
Med Ball Slams			
MB Obliques			
STATION 4			
Traveling Push-Up			
MB Single Leg Chops			
STATION 5			
One-Arm Plyo Push-up			
MB Single Leg V-Ups			
ENDURANCE			
60 Yd. Shuttle	6 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Side Bend Stretch			
Glute Stretch			
Upper Back Stretch			
Hip Flexor Stretch			

DAY 2			
WARM-UP			
EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Military Press			
Hanging Knee Raises			
STATION 2			
Pullover			
Hanging Windmills			
STATION 3			
Pushup w/Row			
Hanging Flutter Kicks			
STATION 4			
Upright Row			
Hanging Leg Lowers			
STATION 5			
Bicep Curl			
Hanging Oblique Knee Raise			
ENDURANCE			
880 Meter Run	6 Reps - 2 Min. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Neck Stretch			
Quadricep Stretch			
Shoulder Stretch			
Sumo Stretch			
Triceps Stretch			

DAY 3			
WARM-UP			
EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
TRX Row (SA)			
TRX Atomic Push Up			
STATION 2			
TRX Bicep Curl			
TRX Atomic Oblique Push Up			
STATION 3			
TRX Tricep Press			
TRX Crunch - Hands			
STATION 4			
TRX Power Pull			
TRX Oblique Crunch - Hands			
STATION 5			
TRX Inverted Row			
TRX Pike			
ENDURANCE			
5-15 Shuttle Run (30 Sec. Continuous)	6 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Cross Body Stretch			
Glute Stretch			
Hamstring Stretch			
Hip Flexor Stretch			



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WEEK 14

DAY 1				DAY 2				DAY 3			
WARM-UP				WARM-UP				WARM-UP			
EXERCISES	SETS	TIME	REST	EXERCISES	SETS	TIME	REST	EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.	Stationary Squat	1	20 sec.	10 sec.	Heel / Toe Raise	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.	Highland Fling	1	20 sec.	10 sec.	Knee To Elbow Push-Up	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.	Arm Circles	1	20 sec.	10 sec.	Trunk Circles	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.	Squat Drops	1	20 sec.	10 sec.	Jump Thrust	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.	Mountain Climbers	1	20 sec.	10 sec.	Split Squat Drops	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.	Speed Skaters	1	20 sec.	10 sec.	Wideouts	1	20 sec.	10 sec.
METCON				METCON				METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.			STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.			STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Alternating Plyo Push Up				Pull-Ups				TRX Pull Up			
MB Arch Chops				Hanging Knee Raises				TRX Atomic Push Up			
STATION 2				Pullover				STATION 2			
Clap Push-up				Hanging Windmills				TRX Bicep Curl			
MB Figure 8's	STATION 3	TRX Atomic Oblique Push Up									
STATION 3	Depth Push-up	TRX Low Row									
MB Obliques	Hanging Flutter Kicks	TRX Crunch - Hands									
STATION 4	Traveling Push-Up	STATION 4									
MB Single Leg Chops	Pushups	TRX Power Pull									
STATION 5	Hanging Leg Lowers	TRX Oblique Crunch - Hands									
One-Arm Plyo Push-up	STATION 5	STATION 5									
MB Single Leg V-Ups	Bicep Curl	TRX Spider Man Push Up									
	Hanging Oblique Knee Raise	TRX Pike									
ENDURANCE				ENDURANCE				ENDURANCE			
60 Yd. Shuttle	6 Reps - 60 Sec. Rest Between Reps			110 Yd. Sprints	6 Reps - 45 Sec. Rest Between Reps			5-15 Shuttle Run (30 Sec. Continuous)	6 Reps - 60 Sec. Rest Between Reps		
COOL DOWN				COOL DOWN				COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each			GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each			GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch				Neck Stretch				Chest Stretch			
Side Bend Stretch				Quadricep Stretch				Cross Body Stretch			
Glute Stretch				Shoulder Stretch				Glute Stretch			
Upper Back Stretch				Sumo Stretch				Hamstring Stretch			
Hip Flexor Stretch				Triceps Stretch				Hip Flexor Stretch			



HITT

HIGH INTENSITY TACTICAL TRAINING

PFT PREP PROGRAM

WEEK 15

DAY 1			
WARM-UP			
EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Alternating Plyo Push Up			
MB Arch Chops			
STATION 2			
Med Ball Slams			
MB Figure 8's			
STATION 3			
Med Ball Slams			
MB Obliques			
STATION 4			
Traveling Push-Up			
MB Single Leg Chops			
STATION 5			
One-Arm Plyo Push-up			
MB Single Leg V-Ups			
ENDURANCE			
300 Yd. Shuttle	2 Reps - 2 Min. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Side Bend Stretch			
Glute Stretch			
Upper Back Stretch			
Hip Flexor Stretch			

DAY 2			
WARM-UP			
EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Military Press			
Hanging Knee Raises			
STATION 2			
Pullover			
Hanging Windmills			
STATION 3			
Pushup w/Row			
Hanging Flutter Kicks			
STATION 4			
Upright Row			
Hanging Leg Lowers			
STATION 5			
Bicep Curl			
Hanging Oblique Knee Raise			
ENDURANCE			
880 Meter Run	6 Reps - 2 Min. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Neck Stretch			
Quadricep Stretch			
Shoulder Stretch			
Sumo Stretch			
Triceps Stretch			

DAY 3			
WARM-UP			
EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
TRX Row (SA)			
TRX Atomic Push Up			
STATION 2			
TRX Bicep Curl			
TRX Atomic Oblique Push Up			
STATION 3			
TRX Tricep Press			
TRX Crunch - Hands			
STATION 4			
TRX Power Pull			
TRX Oblique Crunch - Hands			
STATION 5			
TRX Inverted Row			
TRX Pike			
ENDURANCE			
5-15 Shuttle Run (30 Sec. Continuous)	6 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Cross Body Stretch			
Glute Stretch			
Hamstring Stretch			
Hip Flexor Stretch			



HITT

HIGH INTENSITY TACTICAL TRAINING

PFT PREP PROGRAM

WEEK 16

DAY 1			
WARM-UP			
EXERCISES	SETS	TIME	REST
Side Straddle Hops	1	20 sec.	10 sec.
Long Strider	1	20 sec.	10 sec.
Split Jack Forward	1	20 sec.	10 sec.
Groiners	1	20 sec.	10 sec.
Thrusts	1	20 sec.	10 sec.
Burpees	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Alternating Plyo Push Up			
MB Arch Chops			
STATION 2			
Clap Push-up			
MB Figure 8's			
STATION 3			
Depth Push-up			
MB Obliques			
STATION 4			
Traveling Push-Up			
MB Single Leg Chops			
STATION 5			
One-Arm Plyo Push-up			
MB Single Leg V-Ups			
ENDURANCE			
60 Yd. Shuttle	6 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Side Bend Stretch			
Glute Stretch			
Upper Back Stretch			
Hip Flexor Stretch			

DAY 2			
WARM-UP			
EXERCISES	SETS	TIME	REST
Stationary Squat	1	20 sec.	10 sec.
Highland Fling	1	20 sec.	10 sec.
Arm Circles	1	20 sec.	10 sec.
Squat Drops	1	20 sec.	10 sec.
Mountain Climbers	1	20 sec.	10 sec.
Speed Skaters	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
Pull-Ups			
Hanging Knee Raises			
STATION 2			
Pullover			
Hanging Windmills			
STATION 3			
Pushup w/Row			
Hanging Flutter Kicks			
STATION 4			
Pushups			
Hanging Leg Lowers			
STATION 5			
Bicep Curl			
Hanging Oblique Knee Raise			
ENDURANCE			
110 Yd. Sprints	6 Reps - 45 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Neck Stretch			
Quadricep Stretch			
Shoulder Stretch			
Sumo Stretch			
Triceps Stretch			

DAY 3			
WARM-UP			
EXERCISES	SETS	TIME	REST
Heel / Toe Raise	1	20 sec.	10 sec.
Knee To Elbow Push-Up	1	20 sec.	10 sec.
Trunk Circles	1	20 sec.	10 sec.
Jump Thrust	1	20 sec.	10 sec.
Split Squat Drops	1	20 sec.	10 sec.
Wideouts	1	20 sec.	10 sec.
METCON			
STATION 1	NOTES: Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations. # Sets / Station = 3 Time / Exercise = 30 sec. Rest Between Stations = 30 sec. Total METCON time = 20 min.		
TRX Pull Up			
TRX Atomic Push Up			
STATION 2			
TRX Bicep Curl			
TRX Atomic Oblique Push Up			
STATION 3			
TRX Low Row			
TRX Crunch - Hands			
STATION 4			
TRX Power Pull			
TRX Oblique Crunch - Hands			
STATION 5			
TRX Spider Man Push Up			
TRX Pike			
ENDURANCE			
5-15 Shuttle Run (30 Sec. Continuous)	6 Reps - 60 Sec. Rest Between Reps		
COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each		
Chest Stretch			
Cross Body Stretch			
Glute Stretch			
Hamstring Stretch			
Hip Flexor Stretch			