



# PFT PREP PROGRAM

## HIGH INTENSITY TACTICAL TRAINING

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**

<b>STATION 1</b>	<b>NOTES:</b> 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	
<b>STATION 2</b>	
Clap Push-up	<b># Sets / Station = 3</b>
MB Figure 8's	<b>Time / Exercise = 30 sec.</b>
<b>STATION 3</b>	<b>Rest Between Stations = 30 sec.</b>
Depth Push-up	
MB Obliques	<b>Total METCON time = 20 min.</b>
<b>STATION 4</b>	
Traveling Push-Up	
MB Single Leg Chops	
<b>STATION 5</b>	
One-Arm Plyo Push-up	
MB Single Leg V-Ups	

# ENDURANCE

60 Yd. Shuttle	<b>4 Reps - 60 Sec. Rest Between Reps</b>
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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**

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

<b>STATION 1</b>		<b>NOTES:</b> 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		
<b>STATION 2</b>		
Pullover		
Hanging Windmills		<b># Sets / Station = 3</b>
<b>STATION 3</b>		<b>Time / Exercise = 30 sec.</b>
Pushup w/Row		<b>Rest Between Stations = 30 sec.</b>
Hanging Flutter Kicks		<b>Total METCON time = 20 min.</b>
<b>STATION 4</b>		
Pushups		
Hanging Leg Lowers		
<b>STATION 5</b>		
Bicep Curl		
Hanging Oblique Knee Raise		

# ENDURANCE

110 Yd. Sprints	<b>4 Reps - 45 Sec. Rest Between Reps</b>
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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

<b>STATION 1</b>	<b>NOTES:</b> 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	
<b>STATION 2</b>	
TRX Bicep Curl	<b># Sets / Station = 3</b>
TRX Atomic Oblique Push Up	<b>Time / Exercise = 30 sec.</b>
<b>STATION 3</b>	<b>Rest Between Stations = 30 sec.</b>
TRX Low Row	
TRX Crunch - Hands	<b>Total METCON time = 20 min.</b>
<b>STATION 4</b>	
TRX Power Pull	
TRX Oblique Crunch - Hands	
<b>STATION 5</b>	
TRX Spider Man Push Up	
TRX Pike	

ENDURANCE

5-15 Shuttle Run (30 Sec. Continuous)	4 Reps - 60 Sec. Rest Between Reps
<b>COOL DOWN</b>	
<b>GENERAL STRETCHES</b>	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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## HIGH INTENSITY TACTICAL TRAINING

# PFT PREP PROGRAM

### WEEK 2

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.
Thrusters	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.			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.			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	# Sets / Station = 3			Military Press	# Sets / Station = 3			TRX Row (SA)	# Sets / Station = 3		
MB Arch Chops	Time / Exercise = 30 sec.			Hanging Knee Raises	Time / Exercise = 30 sec.			TRX Atomic Push Up	Time / Exercise = 30 sec.		
STATION 2	Rest Between Stations = 30 sec.			Pullover	Rest Between Stations = 30 sec.			STATION 2	Rest Between Stations = 30 sec.		
Med Ball Slams	Total METCON time = 20 min.			Hanging Windmills	Total METCON time = 20 min.			TRX Bicep Curl	Total METCON time = 20 min.		
MB Figure 8's				Pushup w/Row				TRX Atomic Oblique Push Up			
STATION 3				Hanging Flutter Kicks				STATION 3			
Med Ball Slams				STATION 4				TRX Tricep Press			
MB Obliques				Upright Row				TRX Crunch - Hands			
STATION 4				Hanging Leg Lowers				STATION 4			
Traveling Push-Up				STATION 5				TRX Power Pull			
MB Single Leg Chops				Bicep Curl				TRX Oblique Crunch - Hands			
STATION 5				Hanging Oblique Knee Raise				STATION 5			
One-Arm Plyo Push-up				ENDURANCE				TRX Inverted Row			
MB Single Leg V-Ups				ENDURANCE				TRX Pike			
ENDURANCE				ENDURANCE				ENDURANCE			
60 Yd. Shuttle	4 Reps - 60 Sec. Rest Between Reps			880 Meter Run	4 Reps - 2 Min. 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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## HIGH INTENSITY TACTICAL TRAINING

# PFT PREP PROGRAM

### 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.		
Thrusters	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.			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.			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	# Sets / Station = 3			Pull-Ups	# Sets / Station = 3				# Sets / Station = 3				
MB Arch Chops				Hanging Knee Raises									
Clap Push-up				Pullover									
MB Figure 8's	Time / Exercise = 30 sec.			Hanging Windmills	Time / Exercise = 30 sec.				Time / Exercise = 30 sec.				
Depth Push-up				Pushup w/Row									
MB Obliques		Rest Between Stations = 30 sec.		Hanging Flutter Kicks		Rest Between Stations = 30 sec.				Rest Between Stations = 30 sec.			
STATION 4	Total METCON time = 20 min.			STATION 4	Total METCON time = 20 min.			STATION 4	Total METCON time = 20 min.				
Traveling Push-Up	# Sets / Station = 3			Pushups	# Sets / Station = 3				# Sets / Station = 3				
MB Single Leg Chops				Hanging Leg Lowers									
STATION 5				Bicep Curl									
One-Arm Plyo Push-up	Time / Exercise = 30 sec.			Hanging Oblique Knee Raise	Time / Exercise = 30 sec.				Time / Exercise = 30 sec.				
MB Single Leg V-Ups				ENDURANCE									
300 Yd. Shuttle		2 Reps - 2 Min. Rest Between Reps		ENDURANCE									
COOL DOWN				GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each			COOL DOWN					
Chest Stretch				Neck Stretch	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				
Side Bend Stretch				Quadricep Stretch				Chest Stretch					
Glute Stretch				Shoulder Stretch				Cross Body Stretch					
Upper Back Stretch				Sumo Stretch				Glute Stretch					
Hip Flexor Stretch				Triceps Stretch				Hamstring Stretch					
								Hip Flexor Stretch					



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## HIGH INTENSITY TACTICAL TRAINING

# PFT PREP PROGRAM

### WEEK 4

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.							
Thrusters	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.			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.			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	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	Pull-Ups	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Pull Up	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.							
MB Arch Chops				Hanging Knee Raises				TRX Atomic Push Up										
Clap Push-up				Pullover				STATION 2	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.							
MB Figure 8's	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	Hanging Windmills	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Bicep Curl										
STATION 3				Pushup w/Row				TRX Atomic Oblique Push Up										
Depth Push-up				Hanging Flutter Kicks				STATION 3	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.							
MB Obliques	Total METCON time = 20 min.	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	STATION 4	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Low Row										
STATION 4				Pushups				TRX Crunch - Hands										
Traveling Push-Up				Hanging Leg Lowers				STATION 4	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.							
MB Single Leg Chops	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	STATION 5	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Power Pull										
STATION 5				Bicep Curl				TRX Oblique Crunch - Hands										
One-Arm Plyo Push-up				Hanging Oblique Knee Raise				STATION 5	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.							
MB Single Leg V-Ups	Total METCON time = 20 min.	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	ENDURANCE	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Spider Man Push Up										
ENDURANCE				110 Yd. Sprints				TRX Pike										
60 Yd. Shuttle		4 Reps - 60 Sec. Rest Between Reps		ENDURANCE				ENDURANCE	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.							
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			Neck Stretch	NOTES: Perform each stretch and hold for 30 seconds. 1 set each			Chest Stretch	NOTES: Perform each stretch and hold for 30 seconds. 1 set each									
Chest Stretch	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	Side Bend Stretch	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	Cross Body Stretch	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each							
Side Bend Stretch				Glute Stretch				Glute Stretch										
Glute Stretch				Shoulder Stretch				Hamstring Stretch										
Upper Back Stretch				Sumo Stretch				Hip Flexor Stretch										
Hip Flexor Stretch				Triceps Stretch														



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## HIGH INTENSITY TACTICAL TRAINING

# PFT PREP PROGRAM

### WEEK 5

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.
Thrusters	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.			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.			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	# Sets / Station = 3			Military Press	# Sets / Station = 3			TRX Row (SA)	# Sets / Station = 3		
MB Arch Chops	Time / Exercise = 30 sec.			Hanging Knee Raises	Time / Exercise = 30 sec.			TRX Atomic Push Up	Time / Exercise = 30 sec.		
STATION 2	Rest Between Stations = 30 sec.			Pullover	Rest Between Stations = 30 sec.			STATION 2	Rest Between Stations = 30 sec.		
Med Ball Slams	Total METCON time = 20 min.			Hanging Windmills	Total METCON time = 20 min.			TRX Bicep Curl	Total METCON time = 20 min.		
MB Figure 8's				Pushup w/Row				TRX Atomic Oblique Push Up			
STATION 3				Hanging Flutter Kicks				STATION 3			
Med Ball Slams				STATION 4				TRX Tricep Press			
MB Obliques				Upright Row				TRX Crunch - Hands			
STATION 4				Hanging Leg Lowers				STATION 4			
Traveling Push-Up				STATION 5				TRX Power Pull			
MB Single Leg Chops				Bicep Curl				TRX Oblique Crunch - Hands			
STATION 5				Hanging Oblique Knee Raise				STATION 5			
One-Arm Plyo Push-up				ENDURANCE				TRX Inverted Row			
MB Single Leg V-Ups				ENDURANCE				TRX Pike			
ENDURANCE				ENDURANCE				ENDURANCE			
60 Yd. Shuttle	6 Reps - 60 Sec. Rest Between Reps			880 Meter Run	6 Reps - 2 Min. 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			



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## HIGH INTENSITY TACTICAL TRAINING

# PFT PREP PROGRAM

### WEEK 6

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.		
Thrusters	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.			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.			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	# Sets / Station = 3			Pull-Ups	# Sets / Station = 3				# Sets / Station = 3				
MB Arch Chops				Hanging Knee Raises									
Clap Push-up				Pullover									
MB Figure 8's	Time / Exercise = 30 sec.			Hanging Windmills	Time / Exercise = 30 sec.				Time / Exercise = 30 sec.				
STATION 3				Pushup w/Row									
Depth Push-up				Hanging Flutter Kicks									
MB Obliques	Rest Between Stations = 30 sec.			STATION 4	Total METCON time = 20 min.				Total METCON time = 20 min.				
STATION 4				Pushups									
Traveling Push-Up				Hanging Leg Lowers									
MB Single Leg Chops	# Sets / Station = 3			STATION 5	Time / Exercise = 30 sec.				Time / Exercise = 30 sec.				
STATION 5				Bicep Curl									
One-Arm Plyo Push-up				Hanging Oblique Knee Raise									
ENDURANCE				ENDURANCE				ENDURANCE					
300 Yd. Shuttle	2 Reps - 2 Min. 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 7

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.
Thrusters	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.			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.			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	# Sets / Station = 3			Military Press	# Sets / Station = 3			TRX Row (SA)	# Sets / Station = 3		
MB Arch Chops	Time / Exercise = 30 sec.			Hanging Knee Raises	Time / Exercise = 30 sec.			TRX Atomic Push Up	Time / Exercise = 30 sec.		
STATION 2	Rest Between Stations = 30 sec.			Pullover	Rest Between Stations = 30 sec.			STATION 2	Rest Between Stations = 30 sec.		
Med Ball Slams	Total METCON time = 20 min.			Hanging Windmills	Total METCON time = 20 min.			TRX Bicep Curl	Total METCON time = 20 min.		
MB Figure 8's				Pushup w/Row				TRX Atomic Oblique Push Up			
STATION 3				Hanging Flutter Kicks				STATION 3			
Med Ball Slams				STATION 4				TRX Tricep Press			
MB Obliques				Upright Row				TRX Crunch - Hands			
STATION 4				Hanging Leg Lowers				STATION 4			
Traveling Push-Up				STATION 5				TRX Power Pull			
MB Single Leg Chops				Bicep Curl				TRX Oblique Crunch - Hands			
STATION 5				Hanging Oblique Knee Raise				STATION 5			
One-Arm Plyo Push-up				ENDURANCE				TRX Inverted Row			
MB Single Leg V-Ups				ENDURANCE				TRX Pike			
ENDURANCE				ENDURANCE				ENDURANCE			
60 Yd. Shuttle	6 Reps - 60 Sec. Rest Between Reps			880 Meter Run	6 Reps - 2 Min. 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 8

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.						
Thrusters	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.			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.			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	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	Pull-Ups	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Pull Up	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
MB Arch Chops				Hanging Knee Raises				TRX Atomic Push Up									
Clap Push-up				Pullover				STATION 2	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
MB Figure 8's	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	Hanging Windmills	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Bicep Curl									
STATION 3				Pushup w/Row				TRX Atomic Oblique Push Up									
Depth Push-up				Hanging Flutter Kicks				STATION 3	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
MB Obliques	Total METCON time = 20 min.	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	STATION 4	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Low Row									
STATION 4				Pushups				TRX Crunch - Hands									
Traveling Push-Up				Hanging Leg Lowers				STATION 4	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
MB Single Leg Chops	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	STATION 5	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Power Pull									
STATION 5				Bicep Curl				TRX Oblique Crunch - Hands									
One-Arm Plyo Push-up				Hanging Oblique Knee Raise				STATION 5	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
MB Single Leg V-Ups	Total METCON time = 20 min.	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	ENDURANCE	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Spider Man Push Up									
ENDURANCE				110 Yd. Sprints				TRX Pike									
60 Yd. Shuttle				6 Reps - 60 Sec. Rest Between Reps				ENDURANCE	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
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	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	Neck Stretch	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	Chest Stretch	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each						
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									



## HIGH INTENSITY TACTICAL TRAINING

# PFT PREP PROGRAM

### WEEK 9

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.				
Thrusters	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.			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.			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	# Sets / Station = 3			Pull-Ups	# Sets / Station = 3				# Sets / Station = 3						
MB Arch Chops				Hanging Knee Raises											
STATION 2				Pullover				STATION 2				STATION 2			
Clap Push-up				Hanging Windmills				Pushup w/Row				TRX Bicep Curl			
MB Figure 8's				STATION 3				Hanging Flutter Kicks				TRX Atomic Oblique Push Up			
STATION 3	# Sets / Station = 3			Pushup w/Row	# Sets / Station = 3			STATION 3				STATION 3			
Depth Push-up	Time / Exercise = 30 sec.			Hanging Windmills	Time / Exercise = 30 sec.			Pushup w/Row	Rest Between Stations = 30 sec.			TRX Low Row			
MB Obliques	Rest Between Stations = 30 sec.			STATION 4				Hanging Flutter Kicks	Rest Between Stations = 30 sec.			TRX Crunch - Hands			
STATION 4	Total METCON time = 20 min.			Pushups				STATION 4				STATION 4			
Traveling Push-Up				Hanging Leg Lowers				Hanging Leg Lowers				TRX Power Pull			
MB Single Leg Chops				STATION 5				Bicep Curl				TRX Oblique Crunch - Hands			
STATION 5				Pushups				Hanging Oblique Knee Raise				STATION 5			
One-Arm Plyo Push-up				Hanging Leg Lowers				STATION 5				TRX Spider Man Push Up			
MB Single Leg V-Ups				Bicep Curl				Pushups				TRX Pike			
ENDURANCE				ENDURANCE				ENDURANCE							
300 Yd. Shuttle	3 Reps - 2 Min. Rest Between Reps			110 Yd. Sprints	8 Reps - 45 Sec. Rest Between Reps			5-15 Shuttle Run (30 Sec. Continuous)	8 Reps - 60 Sec. Rest Between Reps			COOL DOWN			
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			GENERAL STRETCHES			
Chest Stretch				Neck Stretch				Chest Stretch				Neck Stretch			
Side Bend Stretch				Quadricep Stretch				Cross Body Stretch				Quadricep Stretch			
Glute Stretch				Shoulder Stretch				Glute Stretch				Shoulder Stretch			
Upper Back Stretch				Sumo Stretch				Hamstring Stretch				Sumo Stretch			
Hip Flexor Stretch				Triceps Stretch				Hip Flexor Stretch				Triceps Stretch			



# HITT

## HIGH INTENSITY TACTICAL TRAINING

# PFT PREP PROGRAM

### WEEK 10

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.
Thrusters	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.			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.			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	# Sets / Station = 3			Military Press	# Sets / Station = 3			TRX Row (SA)	# Sets / Station = 3		
MB Arch Chops	Time / Exercise = 30 sec.			Hanging Knee Raises	Time / Exercise = 30 sec.			TRX Atomic Push Up	Time / Exercise = 30 sec.		
STATION 2	Rest Between Stations = 30 sec.			Pullover	Rest Between Stations = 30 sec.			STATION 2	Rest Between Stations = 30 sec.		
Med Ball Slams	Total METCON time = 20 min.			Hanging Windmills	Total METCON time = 20 min.			TRX Bicep Curl	Total METCON time = 20 min.		
MB Figure 8's				Pushup w/Row				TRX Atomic Oblique Push Up			
STATION 3				Hanging Flutter Kicks				STATION 3			
Med Ball Slams				STATION 4				TRX Tricep Press			
MB Obliques				Upright Row				TRX Crunch - Hands			
STATION 4				Hanging Leg Lowers				STATION 4			
Traveling Push-Up				STATION 5				TRX Power Pull			
MB Single Leg Chops				Bicep Curl				TRX Oblique Crunch - Hands			
STATION 5				Hanging Oblique Knee Raise				STATION 5			
One-Arm Plyo Push-up				ENDURANCE				TRX Inverted Row			
MB Single Leg V-Ups				ENDURANCE				TRX Pike			
ENDURANCE				ENDURANCE				ENDURANCE			
60 Yd. Shuttle	8 Reps - 60 Sec. Rest Between Reps			880 Meter Run	8 Reps - 2 Min. Rest Between Reps			5-15 Shuttle Run (30 Sec. Continuous)	8 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 11

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.						
Thrusters	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.			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.			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	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	Pull-Ups	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Pull Up	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
MB Arch Chops				Hanging Knee Raises				TRX Atomic Push Up									
Clap Push-up				Pullover				STATION 2	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
MB Figure 8's	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	Hanging Windmills	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Bicep Curl									
STATION 3				Pushup w/Row				TRX Atomic Oblique Push Up									
Depth Push-up				Hanging Flutter Kicks				STATION 3	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
MB Obliques	Total METCON time = 20 min.	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	STATION 4	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Low Row									
STATION 4				Pushups				TRX Crunch - Hands									
Traveling Push-Up				Hanging Leg Lowers				STATION 4	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
MB Single Leg Chops	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	STATION 5	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	TRX Power Pull									
STATION 5				Bicep Curl				TRX Oblique Crunch - Hands									
One-Arm Plyo Push-up				Hanging Oblique Knee Raise				STATION 5	# Sets / Station = 3	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.						
MB Single Leg V-Ups	Total METCON time = 20 min.	Time / Exercise = 30 sec.	Rest Between Stations = 30 sec.	ENDURANCE				TRX Spider Man Push Up									
ENDURANCE				ENDURANCE				TRX Pike									
60 Yd. Shuttle				110 Yd. Sprints	8 Reps - 45 Sec. Rest Between Reps			ENDURANCE									
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	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	Neck Stretch	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	Chest Stretch	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each	NOTES: Perform each stretch and hold for 30 seconds. 1 set each						
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 12

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.			
Thrusters	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.			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.			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	# Sets / Station = 3			Pull-Ups	# Sets / Station = 3				# Sets / Station = 3					
MB Arch Chops				Hanging Knee Raises										
Clap Push-up				Pullover										
MB Figure 8's	Time / Exercise = 30 sec.			Hanging Windmills	Time / Exercise = 30 sec.				Time / Exercise = 30 sec.					
Depth Push-up				Pushup w/Row										
MB Obliques		Rest Between Stations = 30 sec.		Hanging Flutter Kicks		Rest Between Stations = 30 sec.				Rest Between Stations = 30 sec.				
STATION 4	Total METCON time = 20 min.			STATION 4	Total METCON time = 20 min.			STATION 4	Total METCON time = 20 min.					
Traveling Push-Up	STATION 5			Pushups	STATION 5				STATION 5					
MB Single Leg Chops				Hanging Leg Lowers										
One-Arm Plyo Push-up				Bicep Curl										
MB Single Leg V-Ups	ENDURANCE			Hanging Oblique Knee Raise	ENDURANCE				ENDURANCE					
300 Yd. Shuttle	3 Reps - 2 Min. Rest Between Reps			110 Yd. Sprints	8 Reps - 45 Sec. Rest Between Reps			5-15 Shuttle Run (30 Sec. Continuous)	8 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 13

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.			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.			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	# Sets / Station = 3			Military Press	# Sets / Station = 3				# Sets / Station = 3							
MB Arch Chops				Hanging Knee Raises												
Med Ball Slams				Pullover												
MB Figure 8's	Time / Exercise = 30 sec.			Hanging Windmills	Time / Exercise = 30 sec.			Time / Exercise = 30 sec.			Total METCON time = 20 min.					
STATION 3	Rest Between Stations = 30 sec.			Pushup w/Row	Rest Between Stations = 30 sec.			Rest Between Stations = 30 sec.			Total METCON time = 20 min.					
Med Ball Slams				Hanging Flutter Kicks												
MB Obliques	Total METCON time = 20 min.			STATION 4												
STATION 4				Upright Row												
Traveling Push-Up				Hanging Leg Lowers												
MB Single Leg Chops				STATION 5												
STATION 5				Bicep Curl												
One-Arm Plyo Push-up				Hanging Oblique Knee Raise												
MB Single Leg V-Ups				ENDURANCE				ENDURANCE								
ENDURANCE				880 Meter Run	6 Reps - 2 Min. Rest Between Reps			880 Meter Run	6 Reps - 2 Min. Rest Between Reps			ENDURANCE				
60 Yd. Shuttle	6 Reps - 60 Sec. Rest Between Reps			COOL DOWN				5-15 Shuttle Run (30 Sec. Continuous)	6 Reps - 60 Sec. Rest Between Reps			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			
GENERAL STRETCHES				Chest Stretch				Neck Stretch				Chest Stretch				
Chest Stretch				Side Bend Stretch				Quadricep Stretch				Cross Body Stretch				
Side Bend Stretch				Glute Stretch				Shoulder Stretch				Glute Stretch				
Glute Stretch				Upper Back Stretch				Sumo Stretch				Hamstring Stretch				
Upper Back Stretch				Hip Flexor Stretch				Triceps Stretch				Hip Flexor Stretch				



# HITT

## HIGH INTENSITY TACTICAL TRAINING

# PFT PREP PROGRAM

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.		
Thrusters	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.			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.			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	# Sets / Station = 3			Pull-Ups	# Sets / Station = 3				# Sets / Station = 3				
MB Arch Chops				Hanging Knee Raises									
Clap Push-up				Pullover									
MB Figure 8's	Time / Exercise = 30 sec.			Hanging Windmills	Time / Exercise = 30 sec.				Time / Exercise = 30 sec.				
STATION 3				Pushup w/Row									
Depth Push-up				Hanging Flutter Kicks									
MB Obliques	Rest Between Stations = 30 sec.			STATION 4	Total METCON time = 20 min.				Total METCON time = 20 min.				
STATION 4				Pushups									
Traveling Push-Up				Hanging Leg Lowers									
MB Single Leg Chops	# Sets / Station = 3			STATION 5	Total METCON time = 20 min.				Total METCON time = 20 min.				
STATION 5				Bicep Curl									
One-Arm Plyo Push-up				Hanging Oblique Knee Raise									
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				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.
Thrusters	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.			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.			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	# Sets / Station = 3			Military Press	# Sets / Station = 3			TRX Row (SA)	# Sets / Station = 3		
MB Arch Chops	Time / Exercise = 30 sec.			Hanging Knee Raises	Time / Exercise = 30 sec.			TRX Atomic Push Up	Time / Exercise = 30 sec.		
STATION 2	Rest Between Stations = 30 sec.			Pullover	Rest Between Stations = 30 sec.			STATION 2	Rest Between Stations = 30 sec.		
Med Ball Slams	Total METCON time = 20 min.			Hanging Windmills	Total METCON time = 20 min.			TRX Bicep Curl	Total METCON time = 20 min.		
MB Figure 8's				Pushup w/Row				TRX Atomic Oblique Push Up			
STATION 3				Hanging Flutter Kicks				STATION 3			
Med Ball Slams				STATION 4				TRX Tricep Press			
MB Obliques				Upright Row				TRX Crunch - Hands			
STATION 4				Hanging Leg Lowers				STATION 4			
Traveling Push-Up				Bicep Curl				TRX Power Pull			
MB Single Leg Chops				Hanging Oblique Knee Raise				TRX Oblique Crunch - Hands			
STATION 5				ENDURANCE				STATION 5			
One-Arm Plyo Push-up				880 Meter Run	6 Reps - 2 Min. Rest Between Reps			TRX Inverted Row			
MB Single Leg V-Ups				COOL DOWN				TRX Pike			
ENDURANCE				GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each			ENDURANCE			
300 Yd. Shuttle	2 Reps - 2 Min. Rest Between Reps			Neck Stretch	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		
COOL DOWN				Quadricep Stretch				Chest Stretch			
GENERAL STRETCHES				Shoulder Stretch				Cross Body Stretch			
Chest Stretch				Sumo Stretch				Glute Stretch			
Side Bend Stretch				Triceps Stretch				Hamstring Stretch			
Glute Stretch								Hip Flexor Stretch			
Upper Back Stretch											
Hip Flexor Stretch											



# HITT

## HIGH INTENSITY TACTICAL TRAINING

# PFT PREP PROGRAM

### WEEK 16

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.						
Thrusters	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.			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.			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	# Sets / Station = 3			Pull-Ups	# Sets / Station = 3				# Sets / Station = 3								
MB Arch Chops				Hanging Knee Raises													
Clap Push-up				Pullover													
MB Figure 8's	Time / Exercise = 30 sec.			Hanging Windmills	Time / Exercise = 30 sec.			Time / Exercise = 30 sec.			Time / Exercise = 30 sec.						
STATION 3	Rest Between Stations = 30 sec.			Pushup w/Row	Rest Between Stations = 30 sec.			Rest Between Stations = 30 sec.			Rest Between Stations = 30 sec.						
Depth Push-up	Total METCON time = 20 min.			Hanging Flutter Kicks	Total METCON time = 20 min.			Total METCON time = 20 min.			Total METCON time = 20 min.						
MB Obliques				STATION 4													
STATION 4				Pushups													
Traveling Push-Up				Hanging Leg Lowers													
MB Single Leg Chops				STATION 5													
STATION 5				Bicep Curl													
One-Arm Plyo Push-up				Hanging Oblique Knee Raise													
MB Single Leg V-Ups				ENDURANCE				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				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			NOTES: Perform each stretch and hold for 30 seconds. 1 set each					
Chest Stretch				Neck Stretch													
Side Bend Stretch				Quadricep Stretch													
Glute Stretch				Shoulder Stretch													
Upper Back Stretch				Sumo Stretch													
Hip Flexor Stretch				Triceps Stretch													