



HITT

HIGH INTENSITY TACTICAL TRAINING

HITT Course for Small-Unit Leaders

20 HSUL24

HITT LEVEL 1 COURSES 2024

This instructional 5-day training course aims to educate, train, and coach attending Marines to be a more efficient PT Leader in improving the physical fitness performance and minimize risks of injuries within their ranks and team.

FEB 12 - 16

APR 15 - 19

JUN 03 - 07

AUG 05 - 09

OCT 28 - NOV 01

HITT CENTER

BLDG. 2525

**CONTACT INFORMATION
FOR INQUIRIES:**

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MC²CS
SEMPER FIT



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HSUL 2024

HITT LEVEL 2 COURSES 2024

A 4-day detailed & extensive training course that covers program design, complex modalities, and training implementation. There are two pre-requisites for the HITT Level 2 Course:

- Completed a HSUL or HITT Level 1 Course
- Pass a Mobility Proficiency Test: Must schedule with HITT Coordinators

MAR 18-21 • NOV 18-21

HITT CENTER / BLDG. 2525

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