



HOW TO PROGRAM A HITT WORKOUT

Workout Templates - Exercise Library - Practical Application

NEEDS ANALYSIS

- **Evaluation of the sport**
 - Injury analysis
 - Movement Analysis
- **Assessment of the Athlete**
 - Training age
 - Performance assessment
 - History & Background

5 COMPONENTS OF A HITT WORKOUT

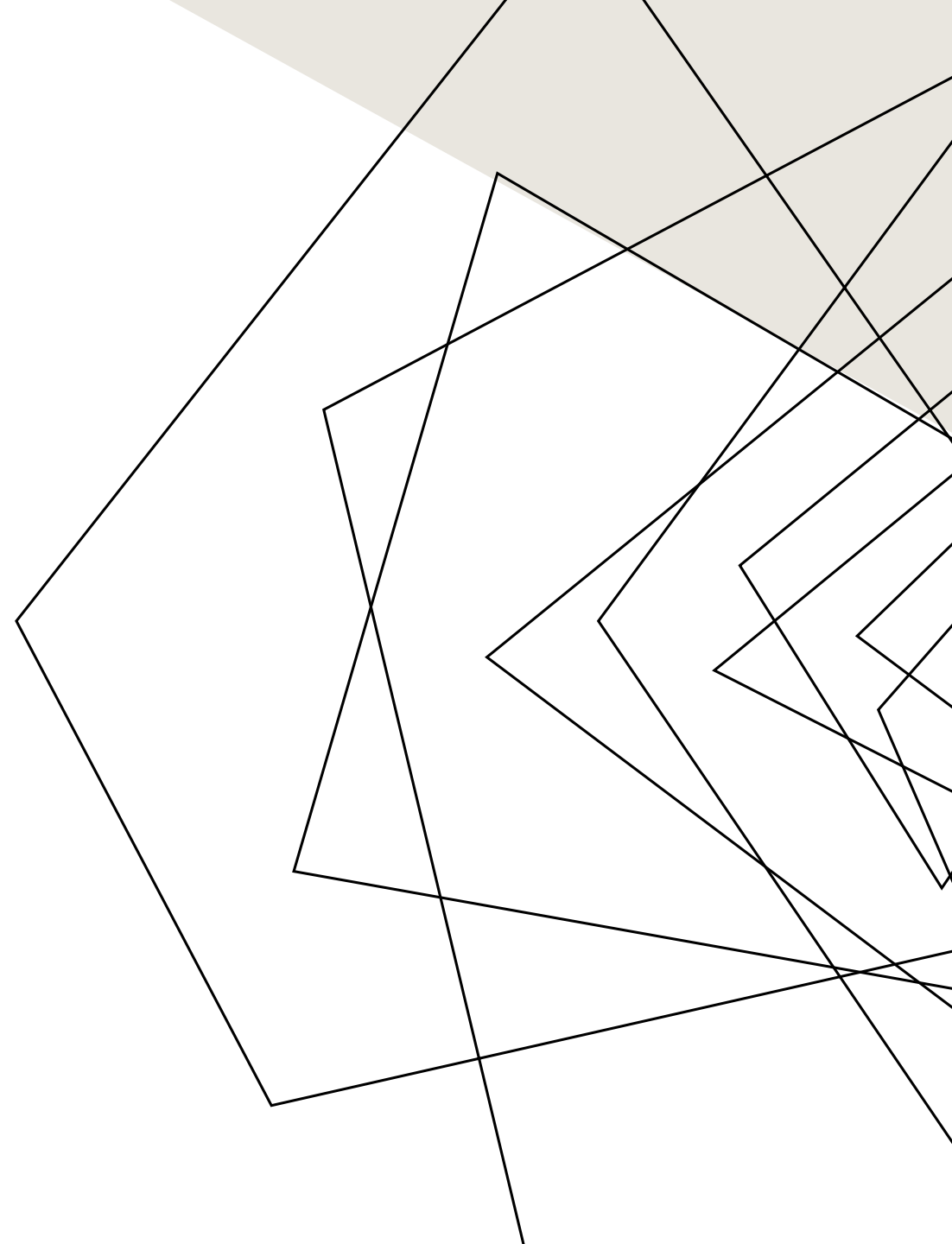
1. Movement Prep
2. Speed, Agility, Endurance
3. Strength and Power
4. Circuit/Metcon
5. Mobility/Flexibility

7 FOUNDATIONAL MOVEMENTS

1. Push
2. Pull
3. Squat
4. Hinge
5. Lunge
6. Rotation
7. Plank

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* Sessions should have all foundational movements



ADJUSTING THE TRAINING LOAD TO THE TRAINING GOAL

- **HYPERTOPHY**

- * Increase in size of muscle

- **STRENGTH**

- * The maximal amount of force a muscle can generate

- **POWER**

- * Developing force as quickly as possible

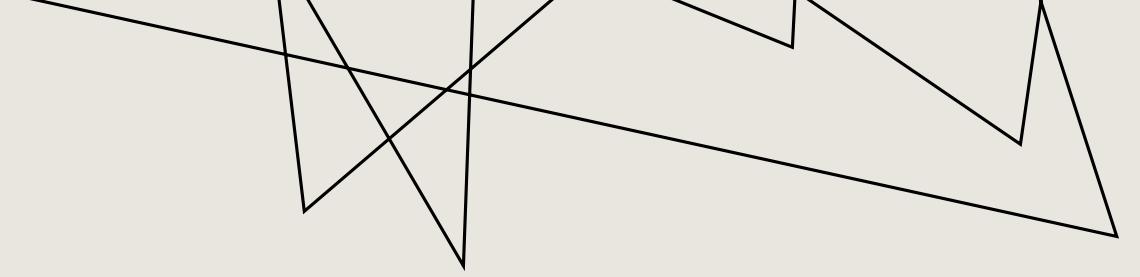
- **ENDURANCE**

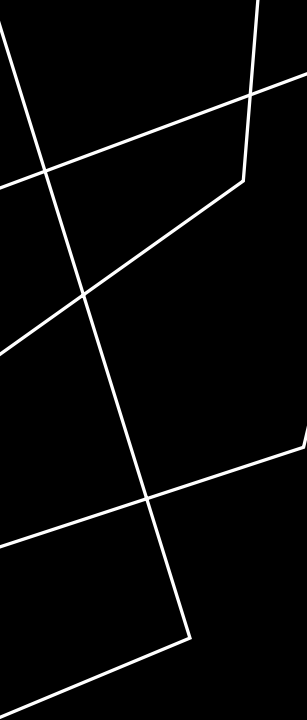
- * Ability to maintain submaximal muscle actions

- For Tactical Athletes, whose goal is **HYPERTROPHY**, NSCA recommends training with loads corresponding to **67%to 85%of 1RM for 6-12 Repetitions 3-6 sets**. With **30 to 90 second rest intervals**.
- For Tactical Athletes, whose goal is **STRENGTH**, NSCA recommends training with loads corresponding to **greater than 85%of 1RM for 2-6 Repetitions 2-5 sets**. With **2-3 minute rest intervals**.
- For Tactical Athletes, whose goal is **POWER**, NSCA recommends training with loads corresponding to **30%to 60%of 1RM for 3-6 Repetitions 3-6 sets**. With **2-5 minute rest intervals**.
- For Tactical Athletes, whose goal is **ENDURANCE**, NSCA recommends training with loads corresponding to **65%of 1RM for 15-25 Repetitions 2-3 sets**. With **less than 30 second rest intervals**.

MODALITIES

- Barbell
- Sandbag
- Medicine Balls
- KB
- DB
- Ammo Cans
- TRX
- Etc.





TEMPLATES



WARRIOR

AGILITY

Carioca

Cross over lunge

Diagonal Lunge

Side Straddle Hops

Lateral Shuffle

ATHLETE

ACCELERATION

High knees

Forward Lunge

Power skip

Long striders

Mountain climbers

COMBAT

MAX SPEED

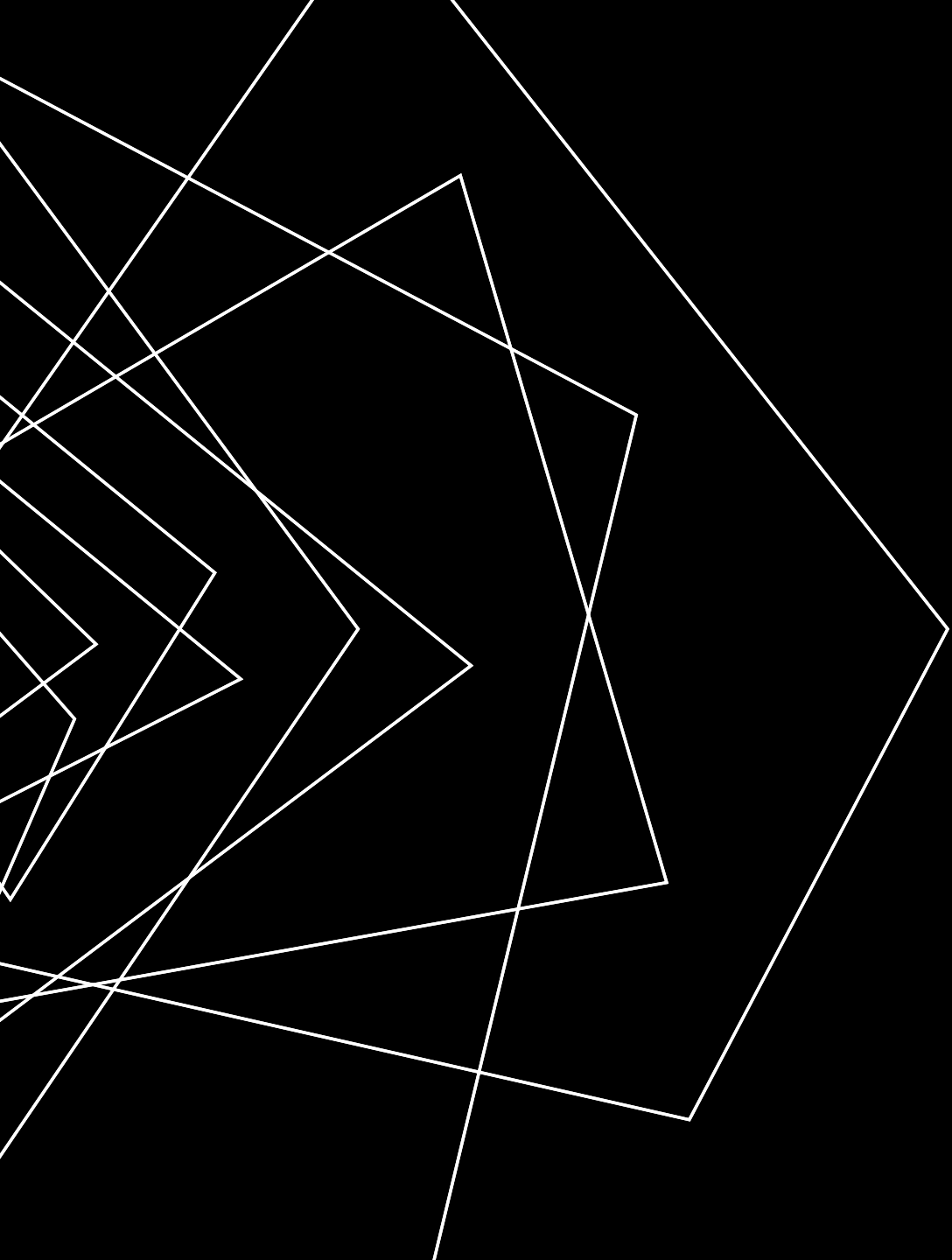
Frontal Leg Swings

Frankenstein

Crab walk

Inchworm

Butt kicks




QUESTIONS

GET IN YOUR GROUPS

What to expect on Thursday!

- Design a workout
- Train the Trainer
- Exam
- Competition/Group photo



WARRIOR HITT 1

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Zig Zag Drill	2	60 Sec.
Cone Attack and Retreat	2	60 Sec.
Prone 3 Cone Drill	2	60 Sec.
Cone J-Hook Reverse Sprint	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	6		90 Sec.
Barbell Front Squat	4	6		90 Sec.
Barbell Military Press	3	8		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Alternating Waves	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Quadricep Stretch	
Hamstring Stretch	
Glute Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.