



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT TEMPLATE

MOVEMENT PREP

| EXERCISES | SETS | DISTANCE | TIME |
|-----------|------|----------|------|
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ENDURANCE

| EXERCISES | SETS | REST |
|-----------|------|------|
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NOTES:

ACTIVE RECOVERY

| EXERCISES | SETS | REPS | TIME | REST |
|-----------|------|------|------|------|
| | 3 | | :30 | :15 |
| | 3 | | :30 | :15 |
| | 3 | | :30 | :15 |
| | 3 | | :30 | :15 |
| | 3 | | :30 | :15 |
| | 3 | | :30 | :15 |
| | 3 | | :30 | :15 |

NOTES:

MOBILITY

| EXERCISES | NOTES: |
|-----------|--------|
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COMBAT FIT. COMBAT READY.