



HIGH INTENSITY TACTICAL TRAINING

HITT Course for Small-Unit Leaders

HSUL 2025

HITT LEVEL 1 COURSES 2025

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 03 - 07

APR 07 - 11

MAY 12 - 16

JUL 14 - 18

AUG 18 - 22

OCT 20 - 24

HITT CENTER

BLDG. 2525

**CONTACT INFORMATION
FOR INQUIRIES:**

Randy Saldivar,

MS, CSCS, TSAC-F, USAW-1

Randy.Saldivar@usmc-mccs.org

Riana Rohmann,

MS, CSCS, TSAC-F, USAW-1

Riana.Rohmann@usmc-mccs.org

MCCS
SEMPER FIT



HITT

HIGH INTENSITY TACTICAL TRAINING

HITT Course for Small-Unit Leaders 20

HSUL 25

HITT LEVEL 2 COURSES 2025

This 4-day detailed & extensive training course covers fitness training program design, coaching and progressing complex modalities (Olympic Lifting, Kettlebell exercises, and Sprinting Mechanics), and practicing application and implementation. This HITT Level 2 course has two pre-requisites:

- Completed a HSUL / HITT Level 1 Course. Submit Certificate of Completion with Course Application.
- Pass a Mobility Proficiency Test facilitated by the HITT Coordinators: Must schedule with HITT Coordinators

MAR 03-06 • JUN 02-05
DEC 08-11

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