



WARRIOR ATHLETE

READINESS & RESILIENCE



SCAN QR CODE

FOR HITT LEVEL 1 & 2 APPLICATIONS



2026

HITT COURSE DATES

SIGN UP AT THE SEMPER FIT CENTER

808-254-7597

2 - 6 February

13 - 17 April

8 - 12 June

10 - 14 August

19 - 23 October

7 - 11 December



- @SemperFitHawaii
- /SemperFitHawaii
- hawaii.usmc-mccs.org

Semper Fit's High Intensity Tactical Training Program is a comprehensive, combat-focused Strength and Conditioning program specifically for Marines.

HITT offers Marines elite resources, experts, and programs — all aimed to make Marines COMBAT FIT. COMBAT READY.