



COMBAT TRAINING COURSE SCHEDULE 2009

JANUARY 27

300 PFT/CFT

FEBRUARY 23-24

Semper Fit CFT Course

MARCH 31

300 PFT/CFT

JUNE 29

300 PFT/CFT

MAY 4

300 PFT/CFT

JULY 27-28

Semper Fit CFT Course

SEPTEMBER 8

300 PFT/CFT

OCTOBER 26-27

Semper Fit CFT Course

Course Descriptions:

300 PFT/CFT – One-Day course focusing on training and performance fundamentals for successfully training for the PFT and CFT. Participants will learn how to set-up the CFT course, BCP & MAP protocols and assistance, and information on functional fitness and performance based training. A certificate of completion given to all participants. Note: This is not a prerequisite for the CCS training mandated by TECOM. Uniform of the day: MARPAT for the CFT, PT Gear for afternoon workout. Lunch on your own.

SEMPER FIT COMBAT FITNESS TRAINING COURSE – (Semper Fit HQMC training course created with the help of Semper Fit Camp Pendleton) Two-Day course focusing on combat readiness for performance based and functional strength concepts. Be ready to work out! There is hands-on training for TRX, Olympic lifting, functional training, dynamic movements, power and more. A certificate of completion given to all participants. Note: This is not a prerequisite for the CCS training mandated by TECOM. Uniform of the day: MARPAT for the CFT, PT Gear for all workouts. Lunch on your own.

Classes for your unit can also be scheduled upon request.

For more information or to register for the class, call 763-3794/0657.



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