Practice & Defend Packs

Pair the self-defense load proven by law enforcement with the industry’s most complete training ammunition for a combination like no other. Federal® Practice & Defend Packs include 50 HST® Personal Defense® loads and 50 Syntech Training Match™ rounds. All produce identical velocities, trajectories and point of impact for the most realistic training and utmost protection.

Features & Benefits

* Ballistically paired Syntech Training Match and HST loads
* Practice loads’ Total Synthetic Jacket prevents metal fouling, reduces barrel heat and friction, and minimizes splash-back against hard targets
* HST expands reliably through a variety of barriers and penetrates to ideal depths for self-defense situations
* Flawless function and reliability in semi-automatic pistols

Part No. Description UPC MSRP

P9HST2TM100 9mm Luger 147-grain 100 Round HST/Syntech Training Match, 1000 fps 6-04544-65360-1 $60.99

P9HST1TM100 9mm Luger 124-grain 100 Round HST/Syntech Training Match, 1150 fps 6-04544-65359-5 $60.99

P40HST1TM100 40 S&W 180-grain 100 Round HST/Syntech Training Match, 1010 fps 6-04544-65362-5 $68.99

P45HST2TM100 45 Auto 230-grain 100 Round HST/Syntech Training Match, 890 fps 6-04544-65361-8 $73.99

