

FIREFIGHTER FUNCTIONAL TRAINING PROGRAM

NO EQUIPMENT EDITION



IRONLINE STRENGTH™
BE THE STRENGTH THEY COUNT ON™



FIREFIGHTER FUNCTIONAL TRAINING PROGRAM — NO EQUIPMENT EDITION

8 WEEKS 3 DAYS/WEEK

BY JACOB DRAUGHN — FIREFIGHTER/PARAMEDIC

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AUTHOR'S NOTE

LIFTING HAS ALWAYS BEEN THE PLACE WHERE MY MIND CLEARS, MY FOCUS SHARPENS, AND THE WORLD MAKES SENSE. I CHASE NUMBERS. I CHASE PROGRESS. I COMPETE BECAUSE I ENJOY PUSHING MYSELF TO THE LIMIT. BUT SOMEWHERE ALONG THAT JOURNEY, I REALIZED SOMETHING BIGGER: THE STRENGTH I BUILD IN THE GYM DOESN'T END IN THE GYM. IT FOLLOWS ME INTO EVERY CALL, EVERY FIRE, EVERY PATIENT, EVERY LONG SHIFT WHEN PEOPLE ARE COUNTING ON ME. AND IF LIFTING HAS HELPED ME BECOME BETTER AT THE JOB — PHYSICALLY, MENTALLY, AND EMOTIONALLY — THEN I WANT THAT SAME STRENGTH TO BE AVAILABLE TO EVERY FIREFIGHTER WHO WANTS IT.

I CREATED THIS PROGRAM BECAUSE I CARE ABOUT THIS PROFESSION, AND I CARE ABOUT THE PEOPLE IN IT. IF THIS HELPS EVEN ONE FIREFIGHTER BECOME STRONGER, MOVE BETTER, OR WALK INTO A CALL FEELING MORE CONFIDENT, THEN IT'S ALREADY WORTH IT.

"BE THE STRENGTH THEY COUNT ON." — J.D.



TRAINING PHILOSOPHY

STRONGER FIREFIGHTERS MOVE BETTER, AND HELP OTHERS MORE EFFECTIVELY.

THIS PROGRAM BUILDS:

- **FUNCTIONAL STRENGTH**
- **WORK CAPACITY**
- **BACK AND CORE STRENGTH**
- **REAL-WORLD MOVEMENT PATTERNS**
- **SLED PULLING (FORWARD & BACKWARD)**
- **CARRIES AND BRACING**
- **CONDITIONING THAT SUPPORTS THE MISSION**

THIS IS NOT A CERTIFICATION OR SCIENTIFIC TEXTBOOK — IT'S REAL-WORLD TRAINING, BUILT FROM EXPERIENCE AND TESTED UNDER FIRE SERVICE DEMANDS.

“SHOW UP. GET BETTER. REPEAT.” — J.D.



PROGRAM STRUCTURE

- **8 WEEK PROGRAM**
- **3 TRAINING DAYS PER WEEK**
- **PHASES 1 & 2 - 3 WEEKS/EACH. PHASE 3 - 2 WEEKS**
- **NO GYM EQUIPMENT, USE EQUIPMENT AROUND THE STATION SAFELY**



COMMON QUESTIONS:

WHAT IF I MISS A DAY?

PICK UP WHERE YOU LEFT OFF. DON'T DOUBLE UP.

WHEN SHOULD I ADD WEIGHT?

WHEN ALL REPS ARE CLEAN AND CONTROLLED.

CAN I ADD CONDITIONING?

YES — LIGHT CONDITIONING ON OFF-DAYS.



WHAT IF I'M TIRED?

GO ANYWAY UNLESS YOU'RE HURT. JUST DO YOUR BEST

WHAT IF RECOVERY FEELS SLOW?

ADD A DELOAD WEEK AT 50-60% INTENSITY. LOWER SETS OR REPS.

CAN I TRAIN 4 DAYS A WEEK?

ONLY IF RECOVERY IS EXCELLENT — ADD ACCESSORIES OR CONDITIONING, NOT MORE HEAVY LIFTS.



COMMON TERMINOLOGY

AMRAP — AS MANY REPS AS POSSIBLE

RPE — EFFORT SCALE 1-10 EXAMPLE (RPE 10 = NO REPS LEFT, RPE 9 = 1 REP LEFT, ECT.)

ACCESSORY WORK — SUPPORTING LIFTS THAT HELP MAIN MOVEMENTS

DELOAD — REDUCED INTENSITY RECOVERY WEEK. - AFTER EACH PHASE OR IF YOUR BODY FEELS LIKE IT NEEDS A “REST” DO A DELOAD WEEK, 1 WEEK BUT WITH LIGHTER WEIGHTS, RPE AROUND 6-7. THIS WILL HELP WITH RECOVERY AND MAKE YOU COME BACK STRONGER AND PREVENT BURNOUT.

REPS - HOW MANY TIMES YOU DO THE EXERCISE

SETS - HOW MANY ROUNDS. YOU WILL USUALLY SEE THIS LIKE; 3X10, MEANING 3 SETS OF 10 REPS EACH.



MOVEMENT LIST

STEP-UPS

CONTINUOUS STEP ON/OFF A STABLE SURFACE. KEEP STEADY RHYTHM.

HOSE BUNDLE FLOOR-TO-SHOULDER

LIFT BUNDLE FROM GROUND TO ONE SHOULDER. SWITCH SIDES EVENLY.

HOSE BUNDLE CLEAN-TO-SHOULDER

MORE EXPLOSIVE VERSION — POP BUNDLE FROM HIPS TO SHOULDER.

HOSE BUNDLE CARRY (SIDE / NEUTRAL)

GRAB BUNDLE HOWEVER AVAILABLE AND WALK WITH CONTROL. GRIP TIGHT.

HOSE BUNDLE DEADLIFT

PICK UP BUNDLE WITH BOTH HANDS. HINGE AT HIPS. STAND TALL.

HOSE BUNDLE GROUND-TO-OVERHEAD

LIFT BUNDLE FROM FLOOR TO OVERHEAD IN ONE SMOOTH MOTION.



HOSE BUNDLE HIGH-PULL

OR UPRIGHT ROW. FROM FLOOR OR MID-THIGH, PULL BUNDLE UPWARD TOWARD COLLARBONE WHILE MAINTAINING UPRIGHT POSTURE.

HOSE BUNDLE BACKWARD PULL (HAND-OVER-HAND)

SIT YOUR HIPS BACK SLIGHTLY, PULL BUNDLE TOWARD YOU USING HAND-OVER-HAND MOTION. WITH ROPE OR ANOTHER HOSE.

HOSE BUNDLE HOLD (ANY POSITION)

HOLD BUNDLE STILL — FRONT, SIDE, OR OVERHEAD DEPENDING ON DRILL.



WARM-UP

IF YOU DON'T HAVE TIME TO WARM UP — YOU DON'T HAVE TIME TO TRAIN SAFELY.

RECOMMENDED WARM-UP:

- 1. 5-10 MINUTES LIGHT CARDIO**
- 2. DYNAMIC WARM-UP: LEG SWINGS, HIP MOBILITY, ARM CIRCLES**



PHASE 1 — BASE CONDITIONING & MOVEMENT (WEEKS 1-3)

(HOSE BUNDLE: LIGHT/MEDIUM 25-35 LB)

DAY A — STAIR CLIMB OR STEP-UPS 5-7 MIN, HOSE BUNDLE FLOOR-TO-SHOULDER 3×8 EACH SIDE, PUSH-UPS 3×12-20, HOSE BUNDLE CARRY 3×60 FT, OPTIONAL FINISHER: BURPEES 10-15

DAY B — BODYWEIGHT SQUAT 3×15, HOSE BUNDLE DEADLIFT 3×12, CHAIR/BENCH DIPS 3×12-20, HOSE BUNDLE BACKWARD PULL (HAND-OVER-HAND) 3×40 FT, OPTIONAL FINISHER: HOSE BUNDLE HIGH-PULL 2×12

DAY C — WALKING LUNGE 3×12 EACH LEG, HOSE BUNDLE FRONT CARRY 3×40-60 FT, PLANK 3×30-45 SEC, HOSE BUNDLE GROUND-TO-OVERHEAD: 30 SEC WORK / 30 SEC REST × 4 ROUNDS, OPTIONAL FINISHER: WALL SIT 1 MIN

NO DELOAD UNLESS NEEDED — PROGRESS WEEKLY BY PACE, DISTANCE, OR REPS.

PHASE 2 — STRENGTH ENDURANCE (WEEKS 4-6)

(HOSE BUNDLE: MEDIUM/HEAVY 35-45 LB)

DAY A — STEP-UPS 6-8 MIN (STEADY), HOSE BUNDLE FLOOR-TO-SHOULDER 3×10 EACH SIDE, DIAMOND PUSH-UPS 3×10-15, HOSE BUNDLE CARRY 3×80 FT, OPTIONAL FINISHER: BURPEES 12-20

DAY B — BODYWEIGHT SQUAT 3×20, HOSE BUNDLE DEADLIFT 3×15, CHAIR/BENCH DIPS 3×15-20, HOSE BUNDLE BACKWARD PULL (HAND-OVER-HAND) 3×50-60 FT, OPTIONAL FINISHER: HOSE BUNDLE HIGH-PULL 3×10

DAY C — WALKING LUNGE 3×15 EACH LEG, HOSE BUNDLE FRONT CARRY 3×60-80 FT, PLANK 3×45-60 SEC, HOSE BUNDLE GROUND-TO-OVERHEAD 30 SEC WORK / 30 SEC REST × 6 ROUNDS, OPTIONAL FINISHER: WALL SIT 1-2 MIN



PROGRESS WEEKLY: INCREASE DISTANCE, REPS, OR TIME. NO DELOAD UNLESS NEEDED.

PHASE 3 — FIREGROUND SIMULATION (WEEKS 7-8)

(HOSE BUNDLE: HEAVY 45-55 LB)

DAY A — STEP-UPS 8-10 MIN (STRONG PACE), HOSE BUNDLE CLEAN-TO-SHOULDER 3×8 EACH SIDE, PUSH-UPS 3×15-20, HEAVY HOSE BUNDLE CARRY 3×100 FT, OPTIONAL FINISHER: BURPEES 15-25

DAY B — BODYWEIGHT SQUAT 3×25, HEAVY HOSE BUNDLE DEADLIFT 3×15, CHAIR/BENCH DIPS 3×20-25, HOSE BUNDLE BACKWARD PULL (HAND-OVER-HAND) 3×70-80 FT, OPTIONAL FINISHER: HOSE BUNDLE HIGH-PULL 3×12

DAY C — WALKING LUNGE 3×20 EACH LEG, HOSE BUNDLE FRONT CARRY 3×80-100 FT, PLANK 3×60-90 SEC, HOSE BUNDLE GROUND-TO-OVERHEAD 30 SEC WORK / 30 SEC REST × 8 ROUNDS, OPTIONAL FINISHER: WALL SIT 2 MIN

PROGRESS EACH WEEK: PACE, REPS, OR DISTANCE. NO DELOAD UNLESS NEEDED.



DISCLAIMER

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“STRENGTH IS SOMETHING YOU CAN PASS ON.” — J.D.

FINAL WORD

SHOW UP. GET BETTER. REPEAT.

**TO ALL FIRST RESPONDERS — THANK YOU FOR YOUR SERVICE, YOUR SACRIFICE, AND THE STRENGTH
YOU BRING TO YOUR COMMUNITIES EVERY DAY.**

THE STRENGTH YOU BUILD WILL SERVE MORE PEOPLE THAN YOU KNOW.

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