

FIREFIGHTER FUNCTIONAL TRAINING PROGRAM

INTERMEDIATE EDITION



IRONLINE STRENGTH™
BE THE STRENGTH THEY COUNT ON™



FIREFIGHTER FUNCTIONAL TRAINING PROGRAM — INTERMEDIATE EDITION

12 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

- **12 WEEK PROGRAM**
- **3 TRAINING DAYS PER WEEK**
- **4-WEEK PHASES (WITH DELOAD WEEK AFTER EACH PHASE)**
- **CLEAN REPS BUILD REAL STRENGTH**



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 EQUIPMENT IS MISSING?

SUBSTITUTE ANY SQUAT, HINGE, PRESS, ROW, CARRY, OR DRAG.



WHAT IF I'M TIRED?

GO ANYWAY UNLESS YOU'RE HURT. CONSIDER A DELOAD WEEK OR LOWER WEIGHTS, ALWAYS LISTEN TO YOUR BODY.

WHAT IF RECOVERY FEELS SLOW?

ADD A DELOAD WEEK AT 50-60% INTENSITY.

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.

NO-EXCUSES EQUIPMENT SUBSTITUTIONS

- **HEX BAR → BARBELL OR DUMBBELLS**
- **KEG → DUMBBELL, KETTLEBELL, PLATE, SANDBAG**
- **FARMER CARRIES → DUMBBELLS, KETTLEBELLS, TRAP BAR**
- **SLED → TIRE DRAG, ROPE PULL, PLATE DRAG**



MOVEMENT LIST

BENCH PRESS

LOWER TO MID-CHEST, DRIVE THROUGH THE FLOOR.

HEX BAR DEADLIFT

NEUTRAL GRIP, SIT INTO THE LIFT, DRIVE LEGS FIRST.

SSB SQUAT

SAFETY BAR ON SHOULDERS, SIT BACK AND DOWN, PARALLEL OR LOWER, STAY TIGHT.

BARBELL SHOULDER PRESS

STANDING PRESS, GLUTES SQUEEZED, BAR STRAIGHT OVERHEAD.

BARBELL ROW

HINGE AT HIP, PULL BAR TO LOWER RIBS.

INCLINE DB BENCH

PRESS DBS AT 30-45° ANGLE, SMOOTH REPS.

FRONT RACK CARRY

DBS/KETTLEBELLS/BAR HELD HIGH ON CHEST, STAY UPRIGHT.



AXLE/BARBELL ROW

SAME AS BARBELL ROW BUT WITH THICKER BAR.

ROMANIAN DEADLIFT (RDL)

SOFT KNEES, PUSH HIPS BACK, STRETCH HAMSTRINGS.

HEAVY FARMER CARRY

AS HEAVY AS POSSIBLE FOR DISTANCE, STAY CONTROLLED.

CLEAN & PRESS

CLEAN TO SHOULDERS, PRESS OVERHEAD IN ONE SMOOTH MOVEMENT.



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**
- 3. PREP: BODYWEIGHT SQUATS, LIGHT RDLs, BAND PULL-APARTS**
- 4. MAIN LIFT LIGHT WEIGHT WARM UP, ALWAYS START LIGHT AND WORK UP TO YOUR WORKING SETS, THIS WILL HELP WITH WARMING UP AND PRACTICING THE MOVEMENT.**



PHASE 1 — TECHNIQUE & FOUNDATIONS (WEEKS 1-4)

DAY A — BENCH PRESS 3×8-10, GOBLET SQUAT 3×8-10, LAT PULLDOWN / PULL-UPS 3×10-12, FORWARD SLED PULL 3×20-40 FT

DAY B — HEX BAR DEADLIFT 3×8-10, DB SHOULDER PRESS 3×8-10, SEATED ROW 3×10-12, FARMER CARRY 3×40-60 FT

DAY C — SSB SQUAT 3×8-10, PUSH-UPS AMRAP, BACK EXTENSIONS 3×12-15, KEG CARRY 3×40-60 FT

AFTER WEEK 3 - DELOAD WEEK

PHASE 2 — STRENGTH BUILDING (WEEKS 5-8)

DAY A — BARBELL SHOULDER PRESS 3×5, BARBELL BENCH PRESS 3×5, BARBELL ROW 3×5-8, FORWARD SLED PULL 3×30-50 FT

DAY B — HEX BAR DEADLIFT 3×5, WALKING LUNGES 3X8-10(EACHLEG), LAT PULLDOWN 3×8-10, FARMER CARRY 3×60-80 FT

DAY C — SSB SQUAT 3×5, INCLINE DB BENCH 3×8, BACK EXTENSION 3×12, KEG/PLATE CARRY 3×60 FT

AFTER WEEK 7 - DELOAD WEEK



PHASE 3 — FIELD-READY STRENGTH (WEEKS 9-12)

DAY A — BENCH PRESS 3×3-5, BACKWARD SLED PULL 3×40-60 FT, PULL-UPS/PULLDOWN 3×8, FRONT RACK CARRY 3×40-60 FT

DAY B — HEX BAR DEADLIFT 3×3-5, AXLE/BARBELL ROW 3×8, ROMANIAN DEADLIFT 3×10, HEAVY FARMER CARRY 3×60-100 FT

DAY C — SSB SQUAT 3×3-5, CLEAN & PRESS 3×5, WEIGHTED STEP-UPS 3×8 EACH, KEG CARRY 3×60 FT

AFTER WEEK 11 - DELOAD WEEK



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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