

FIREFIGHTER FUNCTIONAL TRAINING PROGRAM

ADVANCE EDITION



IRONLINE STRENGTH™
BE THE STRENGTH THEY COUNT ON™



FIREFIGHTER FUNCTIONAL TRAINING PROGRAM — ADVANCE 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

TRAP BAR DEADLIFT → BARBELL DEADLIFT, KETTLEBELL/DB DEADLIFT, SANDBAG DEADLIFT

LEG PRESS → HACK SQUAT MACHINE, GOBLET SQUAT, SPLIT SQUATS

FARMER CARRY → TRAP BAR CARRY, HEAVY DB HOLD (STATIC), SANDBAG CARRY

HEAVY GRIP HOLD → PLATE PINCH HOLD, DEAD HANG, TOWEL GRIP HANG

MASK-SIM CIRCUIT → STEP-UPS, FAST WALK INCLINE TREADMILL, BOX WALK-OVERS

CARRY MEDLEY → ANY MIX OF FARMER, FRONT RACK, SANDBAG, OR KEG CARRY



MOVEMENT LIST

BARBELL SHOULDER PRESS

STANDING. PRESS BAR OVERHEAD WITH TIGHT CORE AND GLUTES SQUEEZED.

BENCH PRESS (ANY VARIATION)

BAR LOWERS TO MID-CHEST. FEET PLANTED. DRIVE THROUGH THE FLOOR.

TRAP BAR DEADLIFT

NEUTRAL GRIP. SIT INTO THE LIFT. DRIVE UP WITH LEGS, NOT YOUR BACK.

FRONT SQUAT

BAR SITS ON FRONT DELTS. ELBOWS HIGH. TORSO TALL THE WHOLE REP.

CHEST-SUPPORTED ROW

CHEST ON PAD. PULL ELBOWS BACK. NO SWINGING.

BARBELL ROW

HINGE TO A FLAT BACK. PULL BAR TO THE LOWER RIBS.

LEG PRESS

FEET MID-PLATFORM. CONTROL THE LOWERING. AVOID LOCKING KNEES.



CLEAN & PUSH PRESS (LIGHT, FAST)

CLEAN THE BAR SMOOTHLY → QUICK PUSH PRESS OVERHEAD.

SPEED, NOT WEIGHT.

LANDMINE TWIST

ARMS NEARLY STRAIGHT. ROTATE FROM THE CORE. CONTROL THE RETURN.

CARRY MEDLEY

COMBINE ANY 2-3 CARRIES (FARMER, FRONT RACK, SANDBAG, PLATE, HOSE ROLL, ANY WEIRD OBJECT,).

SHORT DISTANCES. MINIMAL REST.



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 — MOVEMENT QUALITY & VOLUME (WEEKS 1-4)

DAY A — BARBELL SHOULDER PRESS 3×8, BENCH PRESS 3×10, WEIGHTED PULL-UPS 3×6-10, FARMER CARRY 3×40-60 FT, OPTIONAL FINISHER: STEP-UPS 2 MIN OR LIGHT SLED DRAG 2×50 FT

DAY B — TRAP BAR DEADLIFT 3×8, LEG PRESS 3×10-12, DB LUNGES 3×10 EACH LEG, HEAVY GRIP HOLD 20-30 SEC, OPTIONAL FINISHER: CARRY MEDLEY 2 ROUNDS OR SLED PUSH 2×40 FT

DAY C — FRONT SQUAT 3×8, CHEST-SUPPORTED ROW OR BARBELL ROW 3×10-12, LANDMINE TWIST 3×12-15 EACH SIDE, SLED DRAG 3×60-80 FT, OPTIONAL FINISHER: MASK-SIM CIRCUIT 2 MIN OR KB SUITCASE CARRY 1 MIN

AFTER WEEK 3 — DELOAD WEEK

PHASE 2 — STRENGTH (WEEKS 5-8)

DAY A — BARBELL SHOULDER PRESS 3×5, BENCH PRESS 3×5-8, WEIGHTED PULL-UPS 3×6-10, FARMER CARRY 3×60-80 FT, OPTIONAL FINISHER: STEP-UPS 2-3 MIN OR SLED DRAG 2×60 FT

DAY B — TRAP BAR DEADLIFT 3×5, LEG PRESS 3×8-10, DB LUNGES 3×10 EACH LEG, HEAVY GRIP HOLD 20-30 SEC, OPTIONAL FINISHER: CARRY MEDLEY 2-3 ROUNDS OR SLED PUSH 2×60 FT

DAY C — FRONT SQUAT 3×5, CHEST-SUPPORTED ROW OR BARBELL ROW 3×8-10, LANDMINE TWIST 3×12 EACH SIDE, SLED DRAG 3×80-100 FT, OPTIONAL FINISHER: MASK-SIM CIRCUIT 2-3 MIN OR KB SUITCASE CARRY 1-2 MIN

AFTER WEEK 7 — DELOAD WEEK



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

DAY A — BARBELL SHOULDER PRESS 3×3–5, BENCH PRESS 3×5, CLEAN & PUSH PRESS (LIGHT, FAST) 3×6–8, WEIGHTED PULL-UPS 3×6–10, OPTIONAL FINISHER: SLED DRAG 2×80 FT OR STEP-UPS 3 MIN

DAY B — TRAP BAR DEADLIFT 3×3–5, LEG PRESS 3×6–8, DB LUNGES 3×8 EACH LEG, HEAVY GRIP HOLD 20–30 SEC, OPTIONAL FINISHER: HEAVY CARRY MEDLEY 2–3 ROUNDS OR SLED PUSH 2×80 FT

DAY C — FRONT SQUAT 3×3–5, CHEST-SUPPORTED ROW OR BARBELL ROW 3×6–8, LANDMINE TWIST 3×12 EACH SIDE, SLED DRAG 3×100–120 FT, OPTIONAL FINISHER: MASK-SIM CIRCUIT 3–4 MIN OR KB SUITCASE CARRY 1–2 MIN HEAVY

AFTER WEEK 11 — DELOAD WEEK



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ALWAYS TRAIN SAFELY AND WITHIN YOUR PERSONAL ABILITIES. CONSULT A LICENSED MEDICAL PROFESSIONAL BEFORE STARTING ANY NEW EXERCISE PROGRAM, ESPECIALLY IF YOU HAVE INJURIES, MEDICAL CONDITIONS, OR CONCERNS ABOUT YOUR HEALTH. STOP IMMEDIATELY IF YOU EXPERIENCE PAIN, DIZZINESS, OR ANYTHING UNUSUAL DURING TRAINING.

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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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