



DAY 2 - INTENTIONAL TRAINING FOR FIREFIGHTERS

WHY THIS IS IMPORTANT:

Firefighters operate in unpredictable and demanding environments. That level of performance is built through structured, purposeful preparation. Intentional training connects assessment, planning, execution, recovery, and evaluation into a system that supports consistent performance, reduces injury risk, and builds long-term resilience.

1

KNOW WHERE YOU STAND

Assess:

- Fitness level
- Movement quality
- Strengths & limitations

No size-up = no strategy

2

TRAIN FOR THE JOB

Train with purpose—not randomness.

Follow a plan that matches the job:

- **General** → foundation
- **Functional** → movement & capacity
- **Tactical** → real-world performance

Train for the job, not just the gym.

3

ALIGN TRAINING WITH YOUR PHASE

Train for where you are.

- **Candidate:** Build capacity
- **Probation:** Perform + recover
- **Career:** Sustain + adapt
- **Senior:** Maintain function
- **Pregnancy/Postpartum:** Adjust + stay consistent

Right training at the right time = long-term readiness

4

MANAGE INTENSITY

Use the right intensity at the right time.

- Low: Recovery & readiness
- Moderate: Strength & control
- High: Capacity & resilience

More is not better—balance builds readiness.

5

BALANCE STRESS & RECOVERY

Manage total load.

Training load = workouts

Life load = stress, work, environment

Support with:

- Sleep
- Nutrition
- Hydration

Recovery is where adaptation happens.

6

SCORE THE WORKOUT

Close the loop.

Use After Action Review:

- Objective: Time, Weight, Reps, HR
- Subjective: Movement, Intensity, Discomfort

Scoring the Workout is Part of the Workout.

