



INTERVIEW WITH VOLODYMYR SVISTUNOV (UKR)

2011 SUPER HEAVYWEIGHT CHAMPION

When did you start to engage in sports?

I started training when I was 15 years old. At first I was interested in weightlifting. But there was not enough dynamics and little rivalry. I decided to try powerlifting and since then I have been training in it for about 7 years, and I really enjoy it.

Who is your inspiration?

My inspiration is our National team. We help each other everywhere, at training and competitions. Our team cheers for everyone just like a big family.

At a World Cup you achieved your first Open World Title - but not only that, you lifted the biggest total in IPF history of 1132.5 kg! What does this mean for you and how you feel?

I feel very satisfied because my coach and I were preparing for the World Championship for about 5 months. We did very serious and hard work.

Can you tell us about your preparation for this competition, and how you saw yourself competing beforehand, especially going against the favourite for the class, your fellow team-mate Victor Testsov? He ended up totalling 1130kg, only 2.5 kg behind you, how did that feel?

There were a lot of strong athletes in my weight category but we didn't focus on anyone of them. Because the strongest rival was the bar and I fought against it.

When you're not doing powerlifting, what do you do for fun?

I am studying at the University and also work as a coach in a fitness center, I am coaching children.

What is your secret to training?

There is no big secret, first of all one needs to follow a schedule: sleep well, eat properly, train and rest.

When will the next big competition be for you?

The next competition will be in my home city Mariupol, Championships of Ukraine. This Championship will be very important for me.

Where do you see powerlifting in the next 10-20 years?

It would be great if powerlifting becomes an Olympic sport. In general powerlifting is developing and progressing every year.

What is your most memorable moment in powerlifting for you?

The most memorable moment was when I went to my first junior world championship in Brazil as a member of Ukrainian national team.

What was the toughest competition that you have ever participated in?

It was the World Championship 2011 when I became the world champion for the 1st time setting the world record. I trained very hard and I was very satisfied about that.

Do you have a message for the powerlifters out there?

I would like to wish everyone good health, new victories and new records.

