INTERVIEW

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

Doug: How did you become interested in weight

Jan: During college I weight trained for crew and swimming. Following school, I found myself looking for an outlet and joined a gym. It was there that I met my husband, Paul, who introduced me to powerlifting. I have been powerlifting, off and on, for 4 years. The first time I benched, I did 155 pounds at a bodyweight of 138. Two months later, I did 200. After nine months of training, I benched 300 at a bodyweight of 160.

Doug: You are regarded as the best female bencher of all time and have best benches in 4 weight classes from 165 to super. Which one gave you the

most satisfaction and why?

Jan: The lift I achieved at the 1988 YMCA Nationals of 363 pounds in the 165 pound class. I feel especially proud of that lift because it is my personal best in a coefficient relation.

Doug: What are your goals in lifting for the next

year or two?

Jan: I'll lift in this year's USPF and APF Nationals in the 181 pound class. I would like to bench 400 pounds and then surpass that with between 425-450 pounds, then focus my training towards body-building. I haven't lifted in a full meet for over three years so I'm not making predictions on my total. Doug: Who has had the greatest influence on you in your lifting carrer?

Jan: My husband Paul, who also doubles as my training partner. He's helped me realize my potential. Doug: Could you give me a layout of your training

program 8-12 weeks prior to a meet?

Jan: I train every day, encompassing a push-pull regime. I'll work a major body part once every 4 days. I go on four week training cycles, where I do singles every four days, one week may look like this:

Monday: Bench 135 x 3, 225 x 2, 295 x 1, 355 x 1, 370 x 1, Accessory Work - Cambered Bar Benches, Presses Behind the Neck, DB Flyes, Pec and

Tuesday: Deadlift 135 x 3, 225 x 2, 315 x 1, 405 x 1, 495 x 1, Accessory Work - Back, Trap, and Rear Delt.

Wednesday. Arms - Biceps and Triceps.

Thursday: Squat 135 x 3, 225 x 2, 315 x 1, 405 x 1, 495 x 1, Accessory work - Leg and Calf Exercises.

Friday: Bench 135 x 3, 225 x2, 295 x 1, 360 x 1, 375 x 1.

Saturday the process would start over again. Id rest the Friday before the meet on Saturday and be back in the gym Sunday.

Doug: How do you see the future of Women's

Lifting?

Jan: Because of the dividends, most women prefer bodybuilding, but with better contest promotion and renewed media interest from TV. Powerlifting could attract a larger following. I think we'll see women squat 750+, bench 500, and deadlift 750 by 1999. Doug: Do you have any advice for women lifters?

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Jan: Don't limit yourself to the standards of the past.

Emcompass plenty of accessory work to ensure a
good base for your lifting.

Doug: Are there and Lifters, men or women, whom you admire?

Jan: I consider Mary Jeffrey and Ed Coan today's premier lifters. I also admire Don Reinhoundt, Bill Kazmaier, Sam Samaniego, and Lenny Bank.

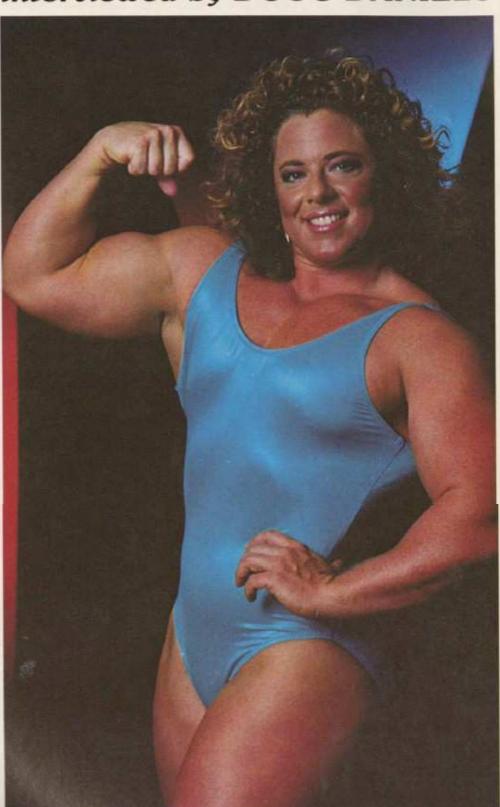
Doug: What do you and your husband do for a

living?

Jan: I'm working towards my Master's Degree in Special Education. My husband, Paul works in Research and Design. We live in San Diego and have been married for 5 years.

JAN HARRELL

interviewed by DOUG DANIELS



JAN HARRELL...has developed an incredible amount of functional muscle mass. (Ralph DeHaan photo)