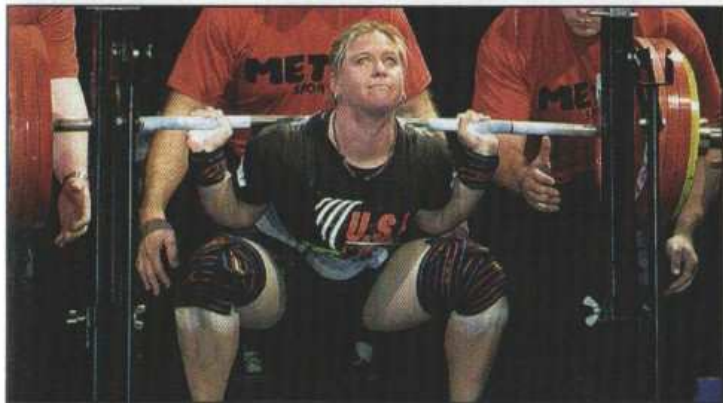


INTERVIEW

LIANNE BLYNN interviewed by Bruce Citerman



Lianne Blynn has an enormous breadth of strength training experience, but reached her zenith of achievement in Powerlifting.

BACKGROUND INFORMATION: I am 34 and have been married for almost 7 years to Rich Blyn whom I met in Reno while working as a strength and conditioning coach at the University of Nevada-Reno. I did my undergraduate work at Endicott College and Miami University in Sports Medicine. I have been a strength and conditioning coach for 12 years and have had the opportunity to coach some great athletes and learn from some of the best coaches (Joe Kenn aka 'House' at ASU) in the field. I was an assistant strength coach at Nevada-Reno 1996-99, Boston College 1999-2003 and Arizona State University 2003-05. We currently live in Milford, MA, and I am the Director of Sports Performance at one80 Sports and Fitness in Wilmington, MA.

ATHLETIC BACKGROUND: I grew up in Southwick, MA, where I played field hockey and softball in high school. I also played two years at Endicott College. I first started lifting to enhance my athletic performance and help prevent injuries for sports. As soon as I could drive, I was off to the gym before school. While my teammates and roommates were sleeping I was the psycho, up at 4 am to lift.

WHY DID I GET INVOLVED WITH POWERLIFTING? I loved to lift and it was something that I did well. It took a lot of convincing to actually get me to compete, but I am glad I did. I truly believe that being a competitive powerlifter has helped set me apart in the strength and conditioning field. Over the years, I gained more respect from the athletes, male and

female, I have coached and those I worked for because I practiced what I preached (having close to a 500 lb. squat does not hurt).

WHEN DID I GET INVOLVED WITH POWERLIFTING? When I graduated from Miami Ohio, I decided to take a year off before I went to graduate school. I moved to Asheville, NC, got a job at a bar, and at a gym called Vision Sports and Fitness. Vision has promoted a yearly bench press competition and so I entered my first contest. I placed 3rd, with a whopping 145 pounds. I really got the bug to compete in 1996 when I was Graduate Assistant at Northern Arizona University, the other graduate assistant Trevor and his wife Michelle took me to my first full meet (NASA) in Yuma, AZ. I qualified for the NASA Nationals which were in Jean, Nevada, at the same time as the Las Vegas Bowl, the location of the Nevada-Reno football team. I won the Nationals and walking on the team plane with a gold medal and best lifter award was the greatest feeling - the guys thought it was the coolest thing. The 1997 IPF Women's World team was comprised of lifters from the ADFPA, NASA, and the USPF. At the Worlds, I met Robert Keller and from there I became involved with USAPL.

CONTESTS ENTERED: Too many to list (the rest are on my website at www.lianeblynn.com). Most notably: 2006 IPF World champion, 2006 & 2007 USAPL National Champion, 2006 North American Champion, 2005 Pan American Champion, 2005 USAPL Nationals 2nd Place, 2004 North American

Strongman Inc. Nationals 2nd place, 2003 ESPN Worlds Strongest Woman 5th Place, 2003 North American Strongman Inc. Nationals 3rd place, 2003 Northeast Pro Strongwoman Challenge 1st place, 2000 Pan American championships 1st place, 2000 USAPL Nationals 3rd place, 1997 IPF Women's Worlds.

BEST LIFTS: Squat 496, Bench 314, Deadlift 468, Total 1253.

STRONGWOMAN COMPETITIONS: In 2001, I took a break from powerlifting, due to my work and travel schedule at Boston College. I met Bruce Tessier and Art McDermott, local professional strongman competitors. For the longest time Bruce was trying to convince me to come train with him, and I finally gave in. I picked up my first stone and flipped my first tire, and I was hooked. I had a solid strength background from lifting, I just needed to work with the implements and get more familiar with them. I started with a few local contests and qualified for the Nationals. In 2003, I made it to ESPN's Worlds Strongest Woman contest, where I placed fifth.

CAR ACCIDENT: In the spring of 2005, I had just moved back to MA. I got into a nice welcome back car accident putting both my strongwoman and powerlifting on hold for six months. A fat woman dropped her donut and ended up in my back seat. I have been able to get back to powerlifting, but not so much strongwoman.

LIFTING ROUTINE: In the fall of 2005 I went to a training camp put on by Larry Maile and Priscilla Ribic. It was the best thing I did to get back into the powerlifting world. I am fortunate to be a part of the Iron Maiden crew and I follow their 5 day a week, high volume, gear based training. Following their training system has definitely brought my lifting to the next level. During my off-season, I am unstructured and use various means

of training. I love using boards, bands, and chains, and every Saturday I do some form of strongman training, with atlas stones and tire flips the usual staple.

SUPPLEMENTS USED: Multi vitamin, fish oil, bcaa's, B complex, creatine, glutamine, and post workout protein shakes.

PLANS IN POWERLIFTING: I will continue to lift and compete as long as it is still fun. My husband swears that I will still be on the platform at 90 years old. I also will continue to grow our powerlifting club here at one80. We have some great local lifters.

WORKOUT PARTNERS: I have never been able to keep one! I give my husband a lot of credit for the torture I put him through. We do train as a staff at work, but no one is psycho enough to do what I do. The longest partner I did keep was Tammy (DiAnda) Lopes in Reno. It was probably a good thing that I moved as we were the "oops" (accident-prone) twins, I really am sorry I dropped the 100 lb. plate on your shin.

COMMENTS & THANKS: I would like to thank my husband for putting up with me. (I promise - the next vacation we go on, I will not bring my gear bag or have to find a gym). Larry Maile, Priscilla Ribic, Ivan and the Iron Maiden crew - thanks for being such great coaches and teammates. Bob and Tammy, without you people I would have never had such a great base to be where I am today. Nico and the Bloody Lawn Gym crew, I miss those Saturday bench workouts. Sebastian Burns and Bill Crawford of Metal Militia - thank you for all your help with my bench; someday I will bench 400. Pete at Titan Support Systems - thanks for supplying me with the best gear. Finally to Art and the staff at one80 Sport and Fitness, thanks for the support while training for my camps and covering my ass while I am away.

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OFF SEASON TRAINING

Monday	Sets	Weight
A1 Clean Pulls	5x5	220
B1 Squat	4x8	275
B2 Leg Curl	4x8	55
C1 Power Runner	4x30sec	135
C2 Lunges	4x20 yds	110
C3 Sled Drag combo	4x40 yds	135
Tuesday		
A1 Axle Clean & Press	6x3	154
B1 Grip 1 Bench Press	4x8	185
B2 Chin-ups	4x8	body wt
C1 Db Alt Arm Incline	4x10-12	45
C2 Trap 3 Raise	4x10-12	15
D1 Biceps	3x3x10	variable
O2 Triceps	3x3x10	variable
Thursday		
A1 Deadlift	4x8	315
B 1 Chain Box Squat	8x2	225+double chain
B2 Band Glute Ham Raise	6x6	
C1 Log Rows	4x8	132