

# INTERVIEW

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

## Dave Doan Interview

as told to Powerlifting USA by Dr. Larry Miller

**LM:** OK Dave, let's start out with some general information about yourself

**DD:** I am 35 years old and live in Berlin, Wisconsin. I am a Senior Electrical Project Engineer for a flexible packaging manufacturer. I am also a volunteer fireman for the city of Berlin. My wife Darci and I have a wonderful 11 year old daughter, Devan.

**LM:** How did you get started in weight lifting?

**DD:** I started lifting weights in high school with the football program and continued lifting in college. In 1989 I met a couple of guys at the gym I worked out at and they talked me into entering a bench meet. I did pretty well for not really knowing what I was doing. Ever since then, I have been hooked.

**LM:** What organizations have you lifted in?

**DD:** I have lifted primarily in the USAPL. I believe the USAPL is really the only show in town. Several years ago I did lift in a couple NASA meets.

**LM:** What weight class are you in and what records do you hold?

**DD:** I compete in the 242 lb. class. I hold the Wisconsin State BP record, and the National Bench Press Record in the Lifetime and Police and Fireman divisions. My best lift ever was a 565 lb. bench. This past BP Nationals, I did a 558.

**LM:** What was the experience like competing at the IPF Bench Press Worlds?

**DD:** It was an excellent experience. It was really impressive to see that many top notch lifters at one meet. The venue was unmatched by anything I had ever seen before. The competition is so close, one mistake and you found yourself in a big hole. Competing as a team for the USA was exciting. It was like a second chance for winning.

**LM:** Do you take any supplements or are you on any diets?

**DD:** I am not a big believer in supplements. I do take a multi-vitamin, but nothing else. I try and eat right and watch my weight. As far as a diet, I only diet when I need to make weight.

**LM:** What are your views on drug testing?

**DD:** First off, I think it is really sad that people who are not drug free



Dave Doan won the 242 lb. class and took Best Lifter at the Wisconsin State Bench Press Championships this year. (photograph courtesy of Muscles & Fitness Gym)

keep trying to enter drug free meets. With that said, I am happy to see the USAPL doing out of meet testing. I think more of that should be done. It seems that most guys taking stuff are smart enough to be clean come contest time. The surprise tests will help keep the organization cleaner. I would also like to see the top three in each weight class get tested at the national level.

**LM:** What are your views on some of the over the counter steroids that we now have?

**DD:** I think it is a real shame that these are so easily obtained. A lot of guys who normally wouldn't think about it are easily tempted or for lack of knowledge think it is OK since you can buy it over the counter.

**LM:** What type of training program are you on?

**DD:** I work the chest twice a week with a heavy day on Monday and a light day on Thursday. Heavy days always include a mediocre single so as to stay in contact with the heavy weights. Tuesdays and Fridays are usually arm and back days with Friday being a lighter day. When preparing for a meet, I like working on 10-12 week cycles. The first

month is sets of 8 reps followed by a couple of weeks of 6 reps and then dropping to 4-5 reps for the remainder of the cycle.

**LM:** What type of lifting equipment do you use?

**DD:** I use the Inzer Extra Heavy Duty shirt. I have tried a few others but seem to get more out of the hole with the Inzer. I don't train with the shirt at all except for possible the last week before a contest.

**LM:** What remaining goals do you have left?

**DD:** My top goal right now is to win the USAPL Bench Nationals. That would enable me to reach my next goal of making another run at the upcoming IPF world meet. I sure would like to improve on the 10th place finish of last year. My long range goal is to continue helping young lifters improve themselves and stay drug free.

**LM:** Are there any people in the sport that you respect or admire?

**DD:** I have always both respected and admired Casey Rennert. Casey has always been an inspiration to me as well as many others. He has always been a gentleman no matter what happens on the platform or in the gym. He always takes time to help anyone who needs it and dis-

plays unbelievable patience in doing it.

**LM:** What are your views on supportive equipment?

**DD:** I think some of the organizations have gone too far on what they allow on the platform. It wouldn't bother me if they banned the supportive equipment all together. It would level the playing field somewhat and reduce the cost of the sport for people who are just getting started and can't afford the latest and greatest.

**LM:** Anything in particular over the years that sticks out as a major contributor to your bench?

**DD:** One of the biggest things is that I have not had a serious injury. This has helped me train consistently for many years without having to take time off. The other thing would be having a good training partner. Casey Rennert has been a tremendous help over the years. Not only does it provide me with a sounding board for training ideas, but the weekly competition of trying to out do each other keeps workouts interesting.

**LM:** Any additional comments?

**DD:** First off, I would like to thank God for the physical abilities He has given me. For with Him anything is possible. Secondly, I would like to thank my wife and daughter for their support. They are always at the meets and always proud no matter how I do. I would also like to thank Casey for all he has done for me and for pushing me when I need it. Lastly, I would like to thank Larry Miller and Mike Lambert for the opportunity to do this interview.



Dave Doan involved in another successful bench press competition.