

LM: Victor, how old are you?

VF: 32 years.

LM: Married?

VF: Yes, I have two children.

LM: How long have you been powerlifting?

VF: 6 years.

LM: Do you have a job outside powerlifting?

VF: Yes, for ten years I have been a fireman in my city of Syktyukar, in the Komi Republic. (An independent republic northeast of St. Petersburg).

LM: Where do you train?

VF: At the State Sports Club, operated by the Ministry of Sport, in Syktyukar.

LM: Who is your coach?

VF: I don't have a regular coach. I am self-coached, except at major competitions. At national and world championships, I have a senior coach assigned to me to help with my equipment and to assist with my numbers. I also coach several junior lifters who compete at local and regional competitions.

LM: What type of equipment do you use?

VF: Inzer gear.

LM: What titles do you hold?

VF: I have been the European Champion three times. I have medaled three times in world championships, all in the 75 kg. class. In 1998, I placed third, in 1999, second, and I was the World Champion in 2000 in Akita City, Japan. I will compete in the World Games in 2001 in Akita City, and the Men's World Championships in Finland.

LM: Do you have any sponsors?

VF: Yes, I am assisted with time to train by my job, and receive other help from the Ministry of Sport.

LM: What are your goals in powerlifting?

VF: I would like to break the world squat record. I want to continue coaching junior lifters. None of my lifters have been selected to lift at junior world championships yet, so I will not attend this year.

LM: How long do you see yourself continuing powerlifting?

VF: I plan to continue for at least three more years, and as long as

INTERNATIONAL INTERVIEW

(Personal dialogue between PL USA Magazine and the Sport's Greatest International Lifters)

2000 IPF World 165 lb. Champion VICTOR FURASHKIN as interviewed by 2000 IPF World Masters 181 lb. Champion Dr. LARRY MAILE



Victor Furashkin at the 1999 IPF Men's Worlds, where he finished 2nd. (H. Isagawa)

my health allows. (Victor sustained a serious injury starting

out which has affected his back.)

up as deadlifts, 300 kgs. 4 sets of 2-3 repetitions.

VF: Squat 315, bench 205, and deadlift 307.5 kgs.

LM: What advice do you have for new or beginning lifters?

VF: Pay close attention to technique. It is easy to be injured if you are not careful. Beginners should always have a coach present to help with this.

LM: How many workouts do you do each week?

VF: I train eight times each week. Twice on Monday, Wednesday, and Friday, once on Tuesday and Saturday. I take Thursday and Sunday off.

(Here is a typical training week: Training weights are given as an example so the reader may understand the relationships between lifts. He increases the weight by percentages each week. Victor trains in equipment year round).

Monday morning:

Squats: 150 kgs. - 1 set of 5, 170 kgs. - 1 set of 5, 220 kgs. - 2 sets of 3, 225 kgs. - 2 sets of 3. Bench Press: 100 kgs. 1 set of 5, 120 kgs. 1 set of 5, 140 kgs. 1 set of 5, 165 kgs. 5 sets of 3. Dumbbell flies: not sets & reps given.

Monday night:

Squat: 220 kgs. 4 sets of 4 reps. Leg Press: no sets or reps given.

Tuesday: Same bench press workout as Monday. Cable rows: no sets & reps given. One arm tricep push-downs 10 sets of 10 at 135 kgs. Abdominal work (weighted sit-ups)

Wednesday morning: Deadlift on 5 cm blocks: 150 kgs. 1 set of 4, 170 kgs. 1 set of 4, 220 kgs. 4 sets of 2.

Wednesday night: Bench Press: 100 kgs. 1 set of 5, 120 kgs. 1 set of 5, 140 kgs. 1 set of 5, 140 kgs. 5 sets of 5. Flies: no sets or reps given. Weighted dips: no sets or reps given. Deadlift from floor: 200 kgs. 2 sets 3 reps, 200 kgs. 2 sets 3 reps, 220 kgs. 2 sets 3 reps, 250 kgs. 5 sets 3 reps. Incline sit-ups:

Friday: Same workout as Monday.

Saturday: Deadlift: same as Wednesday. Incline Benches: 110 kgs. 6 sets of 5. Triceps (dips). Rack Pulls: same warm-up as deadlifts, 300 kgs. 4 sets of 2-3 repetitions.

LM: What are your best lifts?