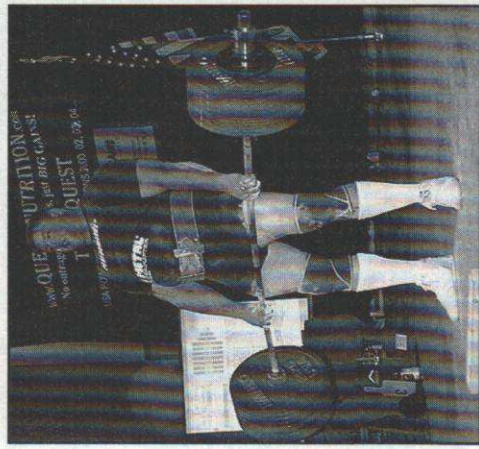


INTERVIEW

BRAD GILLINGHAM interviewed by Greg Stott



Brad with his new IPF Masters World Record pull of 859 lbs. (photos courtesy of G. Stott)

Brad Gillingham's 859 lb. Deadlift was the heaviest ever lifted in IPF Masters History! Multi-National Champion & Record Holder, Two times Open IPF World Champion, IWGA World Games Medalist, Masters Powerlifting Champion Pro Strength Athlete Age: 40 Height: 6'5" Weight: 330 lb. Weight Class: SHW Federations You Belong To: USAPL & IPF

GS: First off, Congratulations on your new IPF Masters World Record!

BG: Thanks Greg!
GS: Brad, tell us about your lifts & records set May 7th at this year's Nationals? I understand that you got sick a week before the Nationals, is that true?

BG: I had a bad sinus infection with a low-grade fever the week before the meet and was put on Anti-biotics by my Doctor. I felt pretty good before I left, but the humidity and pollen in Texas caused the condition to get worse, and it got into my inner ear. I was very congested and dizzy the day of the meet. I was having a little problem with balance. I decided that it would be smart to lower my goals in the squat and to not wear a suit. I started my squat with a real safe 705 instead of my typical 800-815 opener. I squatted 749 on my 2nd attempt and then squatted 782 on my third. All 3 attempts were done in a singlet with knee wraps. The 3rd attempt was very conservative, but it was the smart attempt for that day. My squat training had been going well and I was hopeful for the 400 KG (881) squat that has eluded me. I also benched my first 2 attempts with no shirt, but put a shirt on for my last attempt, so that I could have a shot at the IPF Masters total record. I felt a little better after getting warmed up and I had a good day deadlifting. My opener at 782 may have been my toughest lift of the meet. My 2nd attempt with 826 broke the IPF Masters deadlift record and my

3rd attempt with 859 re-broke the IPF Masters deadlift record and was just enough for me to break the IPF Masters Total record. My goal going into the meet, due to my performance in training, was to finish with a bigger Total. Considering how sick I was, it really wasn't a bad day! (LOL)

GS: What was your family's reaction to your record setting performance?

BG: My father and brother Wade were coaching me. They were happy that I was able to pull a PR deadlift at the end of the meet to salvage the day. My kids (Emily-7 Elizabeth-5) and wife (Diane) were also at the meet and really enjoyed all of the action. There were a lot of great guys competing that both my family and I had known for years. They especially had a lot of fun Cheering for all the lifters from Minnesota & Wisconsin.

GS: In your last TEAM iXL interview, you mentioned that the deadlift is your favorite lift, please take a minute and share with us why?

BG: I like the deadlift because it is a brute force lift that is not influenced much by gear. It also suits my body type. It is a lift that depends on years of training & over-all body strength. There are no quick fixes to make progress in the deadlift. It depends on strengthening the whole body and making gradual gains over time.

GS: How long is your training cycle to prepare for a competition?

BG: I typically use a 16-week cycle. That is split up in 4-8 week mini cycles.

GS: Please describe for us a deadlift workout, say mid competition cycle?

BG: I alternate pulling from the floor and doing partial power rack deadlifts every other week. I split the 16-week cycle into (2) 8-week cycles. The rack pin heights are lowered every other workout. I perform power cleans, front squats, RDLs and bent rows as my assistance work. I don't go very heavy from the floor during training. The heaviest pull I did in the gym was my opener (785) 3 weeks out. I was able to set new PRs at each rack height during the second 8 weeks of the cycle. So I knew I had increased my strength levels prior to the meet. I went up as heavy as 1015 from above the knee and 920 from 5 inches off the floor in training. My training philosophy is to train very heavy out of the rack and to build additional back strength through squatting 5x5 workouts with no gear.

GS: Who are your current workout partners?
BG: Karl and Wade Gillingham, Nick Tyliutki, Gary Grahm, John and Jordan Krogman, Burich Mathiowetz, John Campion, Terry Kriz and Darwin Patzloff.

GS: Brad you've shown that you can lift huge weights Drug Free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the Drug Free Course?

BG: I think it is important to establish a long-term training plan to increase your strength gradually over time. I was able to deadlift 859 at age 40 and I'm hopeful that my lifts will continue to increase. I credit this to training drug free and being patient with my progress. Bottom line, drug free training will increase the length of your competitive career.

GS: What supplements are you using?
BG: I have a great sponsor in GNC Pro Performance. I have represented this company for over 6 years. I travel around the country participating with GNC in 5-6 events a year. I promote the GNC product line in their booth and participate in strength

seminars. Over the last 3 years I've participated with Dave Sandler & Strength Pro at the Arnold Classic, GNC Pro Performance is at the top of their industry in quality control, which is extremely important to a Drug Free athlete. I use the Pro Performance line of protein products like Mega MRP, Pro Crunch Bars, or 50 Gram Slams. I also take Mega-Men vitamins, Creatine, Quick Fuel and joint support formulas like Tri-Flex and Mega-Joint.

GS: Tell us a little bit about your diet? Describe for the readers, what a typical day of food consumption looks like, as you're preparing your body to Deadlift over 850 Pounds at the age of 40!

BG: I consume a lot of calories. Sometimes up to 8,000 a day. I try to consume around 400 grams of protein a day. This comes in the form of Milk, Beef, Chicken and Pork along with protein drinks. I increase my carbs as a contest draws near and I typically will eat a box of macaroni and cheese or 5-6 boiled potatoes for breakfast along with a 50 Gram slam on training days. I eat a good lunch and a large supper following my workout and use protein supplements in between meals. I try to eat a variety of fruits and vegetables and typically stay away from sweets and junk food.

GS: What are some of the new goals you've set for yourself in Powerlifting?

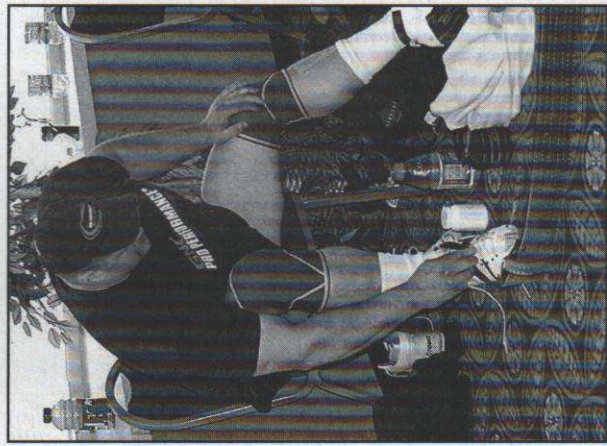
BG: I want to keep healthy and continue to make progress in lifting more weight. I guess you could say my main goal is to just get stronger!

GS: What is your vision for the sport of Powerlifting?

BG: I am not sure if I really have a vision for the sport. There are a lot of different federations with different rules. Hopefully some day the sport will come together a little more, with less fragmentation.

GS: How has the sport of Powerlifting affected your everyday life?

BG: As we age, we all add additional responsibilities to our lives. Like raising our families, working and finding the time to dedicate to training. Strength training keeps

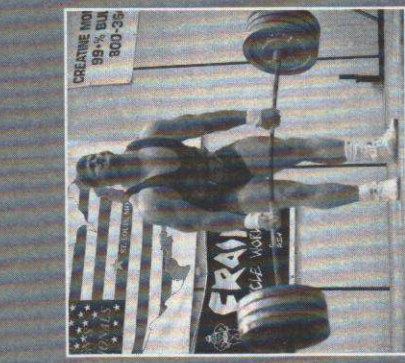


Brad getting ready to lift, on a tough day when many lifters would have packed it in, Mr. Gillingham produced a WR 2237 TOT.

BG: I would like to thank Mike Lambert and TEAM iXL for the chance to do this interview. I would like to thank Johnny Graham and his staff for putting on an excellent 2006 USAPL Masters Championship. In addition, a big Thank You, to my family and friends for all the support they've shown me over the years.

GS: Brad, your training discipline and consistency at winning are worthy of both our respect & admiration. Congratulations on not only this victory, but the great example you're setting drug free, for both novice & veteran athletes worldwide.

Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Brad & other TEAM iXL SuperStars visit: www.TEAMiXL.com



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