

INTERVIEW

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

Brad Gillingham

as interviewed for PL USA by Bob Gaynor

BOB: Give us some personal information on yourself.

BRAD: My name is Brad Gillingham. I currently live in Slayton, Minnesota where I work as an Environmental Director for Murray County.

BOB: How did you get started?

BRAD: My father is Gale Gillingham who was a 5 time NFL All Pro, and Green Bay Packer Hall of Famer. This exposed my brothers and myself to athletics and weight training at a very early age. I trained with weights in high school to help my performance in other sports. My brother Karl who placed 4th in 1992 and 5th in 1993 in Men's Nationals got me started in powerlifting competition in college.

BOB: How long have you competed?

BRAD: I have been competing for 5 years, and began competing in ADFPA Men's Nationals the last two years. I placed 4th in 1992 and 3rd in 1993, both at the 275 weight class.

BOB: What are your best lifts?

BRAD: My best competition lifts are a 745 squat, 520 bench, 720 deadlift and a 1985 total in the 275 lb. weight class.

BOB: What are your future goals?

BRAD: I'm hoping that 1994 will be a big year for me. I would like to win the 275 lb. class at the 1994 ADFPA Men's Nationals and WDFPF Worlds. My long range goals are to keep improving my lifts at each meet. As far as my lifts are concerned, I feel that I am capable of a 2200 lb. plus total, but it will have to be at SHW. My mind will never be a

limiting factor. It's a matter of staying healthy and keeping the desire.

BOB: What about steroid use?

BRAD: I feel that due to the harmful side effects of steroids on athletics that there has to be a concerned effort in the sports world to phase out steroid usage in all sports. I personally feel a lot of satisfaction out of knowing that my progress has been made naturally through hard work and determination.

BOB: How do you feel about drug testing?

BRAD: I feel that the ADFPA does an adequate job of drug testing. I hope that any lifter that chooses to lift in the ADFPA will do so without trying to beat the system.

BOB: Do you follow any special

diet?

BRAD: I try to eat smart. I concentrate on eating a balanced diet of carbohydrates and protein. I also drink about a gallon of milk a day to keep the weight on. My calorie level stays in the 5000 to 6000 range each day. I use protein and vitamin supplements to fill in the gaps.

BOB: Would you give us a breakdown of your training program?

BRAD: I like to workout heavy year round. I train the three lifts once per week. I replace full squats and deadlifts every other week with heavy power rack movements. I feel that this allows the body to get used to heavier weights while allowing some recuperation time. I use a revolving four week cycle concentrating on 2 sets of 8, 6, 4, and 2, each week

decreasing the reps while increasing the weight. I lift single reps on the power rack. My bench is trained with a revolving 4 week cycle of 5 sets of 8, 6, 4, and 2.

Eight weeks out from the meet, I press 10 sets of 1 single rep. Each week I increase the intensity and the weight by 5 to 10 lbs. I feel that this develops maximum explosion, which is the key to moving heavy weight. I try to limit the use of gear until the last training week before the meet.

BOB: What advice would you have for beginners?

BRAD: Be patient and learn how to lift properly. It is very important to develop a program and know what your workout schedule is each time you go to the gym. Be intense!

BOB: Are there any other comments you would like to make?

BRAD: I would like to see powerlifting get more exposure in the media. I feel the only way this will happen is if the dream of making power lifting an Olympic sport will become a reality. I would like to thank: Bob Gaynor and Mike Lambert for the opportunity to have this interview; Gilly's Power and Fitness, Marshall Athletic Center, my training partners Karl and Wade Gillingham, Whitey, Rich, Cuttey, Swede, Big Jim, Tim, Bad Oman, my father Gale Gillingham (the best NFL lineman to ever play the game) and a special thanks to Diane for your continued support. For additional information, Brad Gillingham, 2745 King Ave., Slayton, MN 56172, (507) 836-6577



Brad Gillingham... one of the up and coming big men of the ADFPA at last years Men's National Meet.