

INTERVIEW

WADE HOOPER

interviewed for PLUSA by Greg Stott

Multi-National
Champion &
Record Holder,
Two time Open IPF
World Champion,
IWGA World Games
Medalist, 12 x
USAPL National
Champion **Age:** 35
Height: 5'3"
Weight off
Season: 172 lb.
Weight Class:
165 **Federations:**
USAPL & IPF



Wade Hooper demonstrating great form & focus with 755 lbs. (Christy Newman photos)

GS: First off, Congratulations on your huge 755 lb. Squat as well as your 534 lb. Bench, both IPF World Records.

WH: Thanks Greg!

GS: Wade, tell us about your lifts & records set at this years Nationals. **WH:** It was really exciting... Setting one world record in a meet is tough enough, but to set two, it felt great! Hopefully I'll be able to set a World Record in the Total, in November, at the Worlds being held in Norway.

GS: Many reading this may not know that you're a High School Algebra Teacher. How do you're students react to both your strength & success in Powerlifting?

WH: They react in the same way most high school kids do. Some days it can be tough getting through a lesson because all they want to know is "what did you do in your last meet or work-out." I am constantly getting bombarded with questions. I think my favorite is "if you're a world champion and you have world records, why are you working here?" It's hard for them to understand that not every sport makes money like football or baseball. I get a lot of satisfaction in the summer, because I do all the strength training for all the sports at our school. The kids work hard and are very receptive, because they know that I can both teach & show them.

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

WH: If I only were allowed, to pick one lift to work, it would be the SQUAT! I don't think there is any other lift that is as mentally



Wade Hooper setting a new IPF BP Record

challenging as the squat, especially when you are on your third or fourth set and you are physically exhausted (to the point of puking) knowing that you have another set or rep to do. That's when you really find out what you're made of.

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

WH: I know Boris Sheiko's training principles, which I have modified for my needs. My competition training cycle is 9 weeks long, which is broken down into 2 phases: a base preparation and a peaking phase.

GS: Please describe for us a Squat workout, say mid competition cycle.

WH: Since my workouts are integrated with the other two lifts, to just describe the squat, would not paint an accurate picture. So here are my training weights and percentages on week 4 leading up to the Nationals: (See chart)

GS: Who are your current workout partners?

WH: I train with LSU's powerlifting team on most days. Some days I train with whoever is in the gym. I am fortunate to have a gym that is full of tremendous national and international level powerlifters at the Fletcher House of Power.

GS: Wade 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?

WH: It is just not worth it... why jeopardize your health, career, and possibly your freedom for something that will not last. By training drug free, you will not lose what you have gained and you will have done it the old fashioned way... hard work. I just think that is more satisfying.

GS: What supplements are you using?

WH: I take all Quest Nutrition products: Jack Stack II, Hardcore, Synergy, JSF 5000, Ana-Pro Protein and a multivitamin.

GS: Tell us a little bit about your diet, describe for the readers, what a typical day of food consumption looks like for you as you try to maintain 165 lbs.

WH: I would love to say that I eat very clean, but that would not be true. The food is just too good in 'Cajun Country.' In the off-season I literally eat what won't eat me first. When I am training for a

competition, I clean it up and keep my protein intake high, but I have an affinity for chocolate chip cookies, especially from Subway.

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

WH: My immediate goals are to win another world title and to break the World Record Total. I would also like both our Men's and Women's Team to win the World Team Title as well.

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

WH: I would love for our sport to become mainstream, for powerlifters & other strength athletes to be as recognized as football & baseball players.

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

WH: Powerlifting has given me some lifelong friends from all over the globe who have had a tremendous impact on my life. Of course, I have an every day reminder from this sport, because I met my wife, Kim, at a powerlifting meet. Who could ask for anything better?

GS: Do you feel Powerlifting should be an Olympic Sport and why?

WH: Yes, this is a tremendously popular

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DAY 1 (SUNDAY)	REPS	SETS	%	WEIGHT
1. SQUAT	5	1	50%	380
	4	1	60%	456
	3	2	70%	532
	2	3	80%	608
	1	3	90%	675
2. BENCH PRESS-CHAINS MEDIUM GRIP	5	1	50%	228
	5	1	60%	273
	5	2	70%	319
	4	5	75%	341
	5	1	50%	305
3. SQUAT - RAW	5	1	60%	366
	3	4	75%	458
DAY 2 (TUESDAY)				
1. DEADLIFT WITH 35's	3	1	50%	315
	3	2	60%	315
	2	4	70%	441
2. BENCH PRESS - RAW	5	1	50%	228
	4	1	60%	273
	3	2	70%	319
	3	6	80%	364
3. DB FILES	10	5		
4. DEADLIFT	4	1	50%	315
	4	1	60%	378
	3	2	70%	441
	3	3	80%	504
	2	3	85%	536
5. GOODMORNINGS (STANDING)				
DAY 3 (THURSDAY)				
1. SQUAT	5	1	50%	380
	4	1	60%	456
	3	2	70%	532
	3	6	80%	608
	5	1	50%	265
	4	1	60%	318
2. BENCH PRESS - SHIRT	3	2	70%	371
	2	2	85%	451
	2	2	90%	477
	1	3	95%	504
	2	2	85%	451
3. DIPS	6	5		
4. DB BENCH	10	5		
5. ABS	10	5		
DAY 4 (FRIDAY)				
1. DEADLIFT TO THE KNEES	4	1	50%	315
	4	1	60%	378
	3	2	70%	441
	2	4	80%	504
	5	5		
2. MILITARY PRESS	4	6		
	4	1	60%	378
3. INCLINE BENCH PRESS-BANDS	4	1	70%	441
	3	2	80%	504
4. DEADLIFT-OFF BOXES	3	4	90%	567
	5	5		
5. GOODMORNINGS (SEATED)				

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sport around the world and should be included in the grandest of all sporting events, the Olympics. This sport just needs to market itself better & become more mainstream.

GS: What advice would you give to a lifter just getting started in powerlifting?

WH: *Find what works for you and stick with it and always be willing to put your time in the gym. Rome was not built in a day and neither will your lifts. Take your time and train smart.*

GS: Any final comments you'd like to make or people you'd like to thank?

WH: *First, I would like to thank Kim for supporting me in everything I do and being such a great wife. I would also like to thank Sherman Ledford at Quest Nutrition for providing me with the best supplements on the planet, John Inzer at Inzer Advance Designs for providing me with a the best gear, the guy and gals at Fletcher's House of Power for helping me night in and*

night out to achieve my goals. Last but not least I'd like to thank TEAM iXL for all the marketing & public relations support you've provided.

GS: Wade, your ability to focus and win a national title, year after year, as well as competing against yourself, breaking your own World Records is phenomenal. Congratulations, on not only this victory, but also on how you've personally helped to validate our credo that There are No Limits Drug Free!

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 Wade & other TEAM iXL SuperStars visit: www.TEAMiXL.com

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