

# INTERVIEW

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

## LARRY MAILE AS INTERVIEWED BY BOB GAYNOR

**B.G.** Larry, what is your age and where do you currently live?

**L.M.** I was born July 12, 1958 (I turned 31 this summer). I live at 2201 N. Overland Trail, Fort Collins, Colorado 80521.

**B.G.** and, tell us, what is your current occupation?

**L.M.** I am currently a doctoral candidate at the University of Wyoming, and I also work part-time with retarded adults.

**B.G.** How long have you been training and how long have you been competing?

**L.M.** I have been training for 13 years and I have been competing for the last 9 years.

**B.G.** Tell us how you got started in weight training?

**L.M.** I got started by living in a dorm with most of the football team during my first year of college in Idaho. I ended up going to the weight room with them every day (I needed to, as I weighed 125 lbs.)

**B.G.** What are your best competition lifts?

**L.M.** My best lifts are as follows: Squat 573, Bench 402, Deadlift 578.

**B.G.** What are some of the titles you have won?

**L.M.** 2 time Alaska State Powerlifting Champion, 10th 1985 ADFPA Nationals, 6th 1986 ADFPA Nationals, 2nd 1988 Lifetime Drug Free Nationals, 1st 1989 Lifetime Drug Free Nationals.

**B.G.** What future goals do you have in Powerlifting?

**L.M.** I would like to continue to lift as long as it remains fun, and I continue to be healthy. I have a number of serious injuries that, for now, are OK. I would like to total over 1600 fairly soon, and would like to lift on a national championship team.

**B.G.** What is your opinion on the subject of steroid use?

**L.M.** While I have never used steroids, I believe in a person's right to make a choice. I have never been rabidly anti-steroid, but think that those not on drugs should not have to lift against those who are.

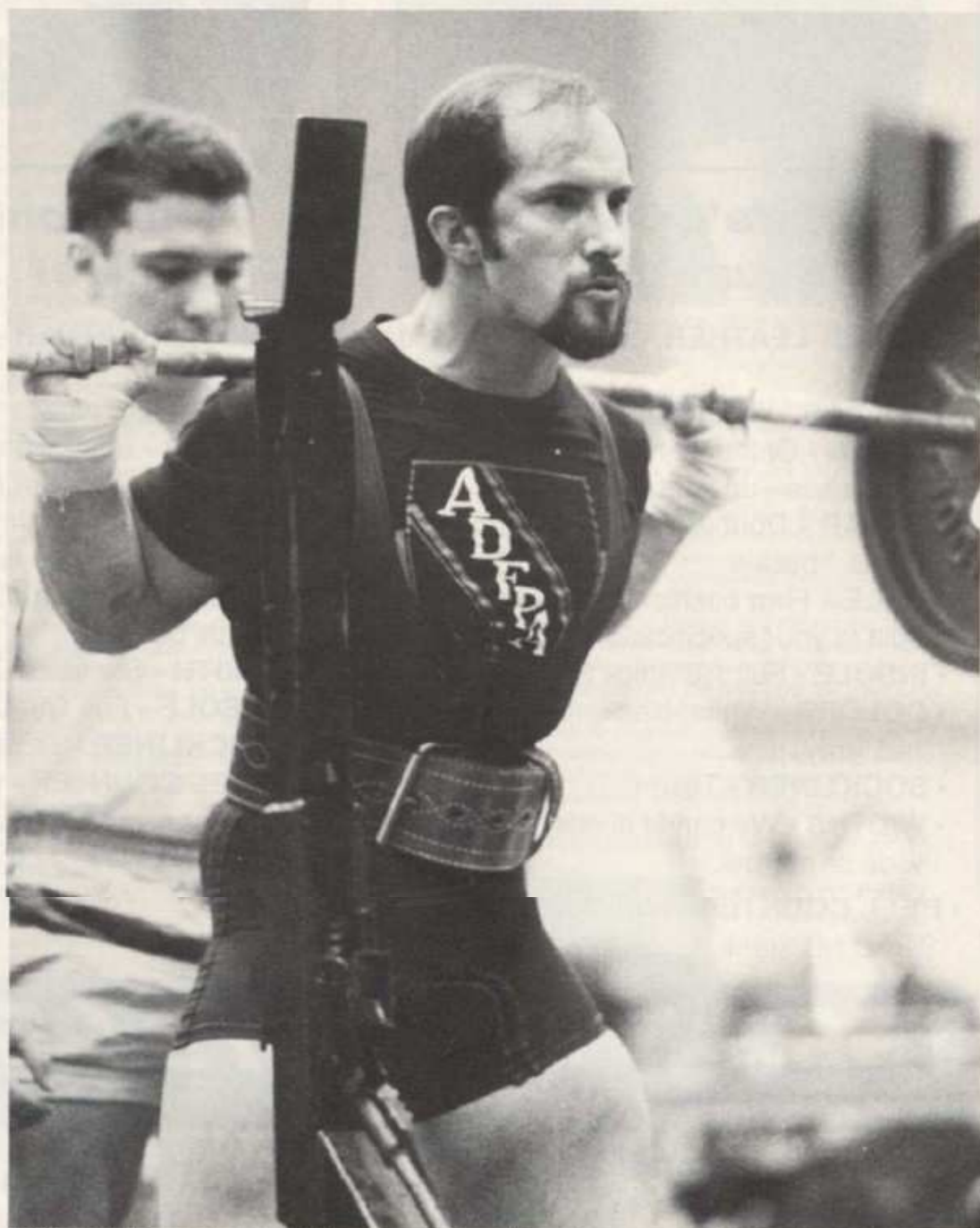
**B.G.** Larry, what are your thoughts about drug testing?

**L.M.** I think we should test people randomly, year round.

**B.G.** How does diet and supplementation fit into your training program?

**L.M.** My diet is pretty normal now. I eat three of four normal sized meals, taking amino acids and a multivitamin during a training cycle, and I use no other supplements.

I eat very little red meat, I cycle for 10-12 weeks, doing one heavy day per lift per week. My workout schedule is laid out as follows: Tuesday: heavy squat, partial squats, bottom half squats. Wednesday: heavy bench, declines, flies, inclines, presses, close-grip benches. Friday: deadlift, rack pulls, deadlift on block, shrugs, light squat, front squat. Satur-



LARRY MAILE...won a major ADFPA National title off his performance at the Lifetime Drug Free Nationals.

day: light bench and same accessories as Wednesday. I do three work sets per exercise, reps vary depending on time of the cycle.

**B.G.** What advice would you have for beginners?

**L.M.** I would advise beginners not to neglect overall development and balanced muscle mass. Big lifts are supported by strong accessory muscles. I would also advise them not to get impatient, as, without drugs, it takes many years to become a champion lifter. In the meantime you

get health in return.

**B.G.** What are your feelings on coaches in lifting?

**L.M.** If you select someone who has not proven that they know what they are talking about in this sport, either by being a good lifter or having trained good lifters, they are not a good coach.

**B.G.** Who are some of those you admire in powerlifting?

**L.M.** In powerlifting, I admire Brother Bennett, Hideaki Inaba. In lifting sports in general, I have always

thought highly of Bill Pearl and Ed Jubinville, both well known and accomplished, but still gentlemen.

**B.G.** What are some of your other hobbies and interests?

**L.M.** My interests and hobbies are riding motorcycles, traveling, and listening to my heavy metal music.

**B.G.** Do you have any other comments you would like to make?

**L.M.** I would like to thank my wife, Janna for putting up with this sport, being a competent, being a competent competitor and training partner.