INTERVIEW

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

ALEXEI SIVOKON

interviewed for PL USA by WADE HANNA

If you have been involved with Powerlifting in the last 10 years then at some point you have probably heard of Alexei Sivokon from Kazakhstan. With a resume like that listed below it is easy to see why he is aptly dubbed one of the greatest powerlifters ... ever.

1991 - IPF European Junior Championships - bronze; IPF Men's world powerlifting championships - silver

1992 - IPF Asian championships - gold (champion of champions)

1993 - IPF Junior world powerlifting championships - gold (champion of champions); IPF Men's world powerlifting championships - gold

1994 - IPF Junior world powerlifting championships - gold (champion of champions); IPF Men's world powerlifting championships - gold; IPF Bench Press world championships - gold

1997 - World Games - gold (champion of champions); IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench Press world championships - gold

1998 - IPF Asian powerlifting championships - gold (champion of champions); IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench Press world championships - gold

1999 - IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench Press world championships - gold

2000 - IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench press world championships - gold

2001 - World Games - gold (champion of champions); IPF Men's world powerlifting championships - gold (champion of champions)

2002 - IPF Asian Championships - gold

World Records: 67.5 kg. (148 lbs.) Bench Press: 215 kg./473.3 lbs., Deadlift: 316.5 kg./697.7 lbs., and Total: 830 kg./1829.8 lbs. 75 kg. (165 lbs.) Bench Press: 225 kg./496 lbs. and Total: 852.5 kg./1879.4 lbs.

I consider it a distinct privilege to have been able to speak with Alexei. I have been fortunate enough to interview a number of very great Powerlifters and Strongmen. I consider Alexei to be one of those great athletes as well as a great ambassador for International powerlifting. It is my sincere hope that we American lifters enjoy this opportunity to hear a little from one of the truly great Powerlifters of our time. So, with no further commentary from me ... enjoy the interview!

WH: Can you give us biographical information like height, weight, age, occupation?

AS: *Currently I am 158 cm. tall, weighing 70 kg. (154 lbs), 28 years old. Education: university degree in coaching/teaching. Current job: coach at a junior sports school.*

WH: When and how did you get involved in powerlifting?

AS: *I've been involved in weightlifting (olympic style) since 1985. In 1989 I had a knee trauma, so I became unable to proceed in that sport. After some discussion with my coach, we decided that I should try to perform in powerlifting. In 1989 I made my first attempt to perform at the Championship of Kazakhstan. I won at the event and so remained in this sport.*

WH: What are the fundamental aspects of your program that make it so successful for you?

AS: *I do my training every day (but Sundays), 2-3 hours at a time. Basically I work with weights 80-90% (of the best result). A very considerable jump in results was after I had begun to use WEIDER NUTRITION products. My favorite supplements are MEGA MASS 2000, Amino Acids, 90% Protein, and Creatine. I always use them for my workout.*

WH: Do you have a coach? If you have a coach, please tell us about him or her. What does your coach do that is effective?

AS: *Now I have several coaches who help me. They are: Arkady Nikitin and Anatoly Bykov. My manager and sponsor is Sergey Kordjev (Secretary General of Kazakhstan Powerlifting). My first coach in powerlifting was Boris Sheiko who had been Kazakhstan's Chief Coach before 1996. Then he migrated to Russia, and now he is Russia's Chief Coach.*

WH: Do you plan to stay in the 67.5 Kg. (148 lb.) class? If not, how much longer will you stay there?

AS: *All depends on one's own weight. Currently my weight is around 70 kg. (154 lbs.). If it is at least 72-73 kg. (158-161 lbs), then I'll enter the 75 kg. (165 lb.) class. My feeling is that in the class up to 67.5 kg. (148 lb.) it's possible to raise the world record up to 850-870 kg. (1873 - 1918 lbs.). I will say it again; it all will depend on one's own weight.*

WH: Do you have any specific goals that you would like to accomplish as a 67.5 Kg. (148 lb.) lifter?

AS: *No.*

WH: Do you think an 862.5 Kg. (1901 lbs.) total is possible at such a low bodyweight?

AS: *I'm sure it's possible. My best official result is 830 kg. (1829 lbs.), but in workouts I have already lifted 320-230-320 (870 kg. in total). [That is, for the metrically challenged: 705 507 705 1918!!]*

{NOTE: Since this interview was originally conducted, Alexei has totaled 860 kg (1896 lbs) as a light 75 kg. at the Kazakhstan Nationals and subsequently followed that with an 852.5 kg. (1879 lbs.) total at the Asian Championships which now stands as the world record in the IPF for 75 kg.}

WH: Do you have any goals, regardless of weight class, before you decide to stop competing?

AS: *So far I haven't been thinking about it. I'm not about to quit my training and performances so far.*

WH: What are some other more important aspects of winning a competition?

AS: *I spoke about my training. This must be 100% correct. The same is true about the powerlifting gear. I tried to use other companies' products, but Inzer is what I like best of all. It suits me 100%. I see other champion lifters and those winning sportsmen are wearing Inzer gear too. They learned, like me, to lift the most weight you must have the Inzer gear.*

WH: What has been your greatest accomplishment in powerlifting?

AS: *It is too hard to say.*

WH: How would your training differ in preparation for the IPF World Championship to preparation for the IPF World Bench Press Championship?

AS: *There's no special preparation for World Bench Press Championships on my part. Between the World Powerlifting Championship and the World Bench Press Championship there are only 3-4 weeks, I simply exclude squats and deadlifts from my workouts. There is not enough time for me to recover after the World Powerlifting Championship. I'm sure if I trained and performed just in bench press, my results in this exercise would be much better.*

WH: You are one of the best lifters of all time! What lifters do you look to for motivation? Who do you consider to be the greatest lifters in the world, both past and present?

AS: *No doubt, this is Mr. Inaba from Japan.*

WH: What sort of hobbies and interests do you have besides powerlifting?

AS: *My spare time I try to spend with my family. I like to go to swimming pools with my son. I'm keen on music, videotaping, and computer games.*

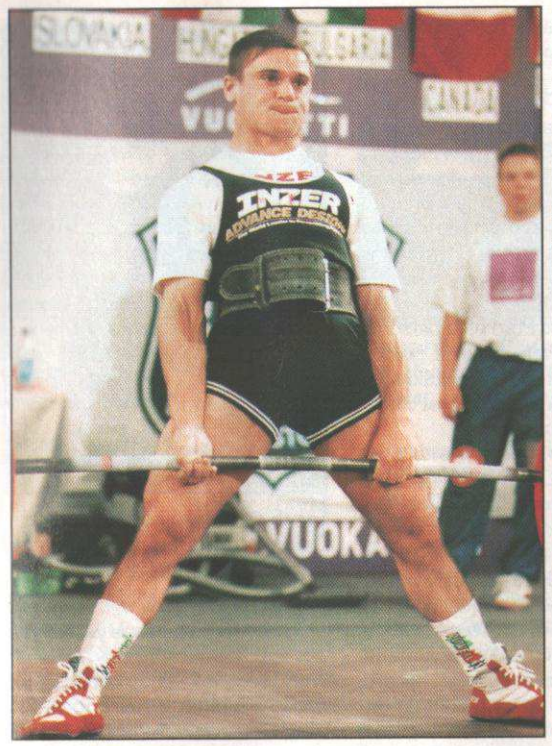
WH: Having traveled for your multiple IPF competitions, which places would you want to visit again? Any specific locations you would like to visit?

AS: *I've been to numerous countries. Out of those I've been to, it was Canada I liked best. It has beautiful nature with kind and responsive people. The weather is like ours in Kazakhstan. I dream of visiting the United States at least once.*

WH: Address any topics you think were missed in this interview. People want to know what you have to say. Any people you would like to thank or issues you would like to talk about?

AS: *I'd like to try to perform at professional competitions and earn some money. Surprisingly the IPF bans it under the threat of disqualification. Even in Olympic sports, such as soccer, track and field, tennis, boxing, etc., everywhere there are commercial tournaments where leading athletes may earn money. However, the IPF doesn't hold such tournaments itself, nor allows us to take part in them. I consider it unfair.*

WH: Thank you for your time and thoughts, best wishes in your continued successes both on, and off the platform.



Alexei *winning the 2001 IPF Men's Worlds (Isagawa)*