

# INTERVIEW

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

**Doug:** How did you become interested in weight training?

**Jan:** During college I weight trained for crew and swimming. Following school, I found myself looking for an outlet and joined a gym. It was there that I met my husband, Paul, who introduced me to powerlifting. I have been powerlifting, off and on, for 4 years. The first time I benched, I did 155 pounds at a bodyweight of 138. Two months later, I did 200. After nine months of training, I benched 300 at a bodyweight of 160.

**Doug:** You are regarded as the best female bencher of all time and have best benches in 4 weight classes from 165 to super. Which one gave you the most satisfaction and why?

**Jan:** The lift I achieved at the 1988 YMCA Nationals of 363 pounds in the 165 pound class. I feel especially proud of that lift because it is my personal best in a coefficient relation.

**Doug:** What are your goals in lifting for the next year or two?

**Jan:** I'll lift in this year's USPF and APF Nationals in the 181 pound class. I would like to bench 400 pounds and then surpass that with between 425-450 pounds, then focus my training towards bodybuilding. I haven't lifted in a full meet for over three years so I'm not making predictions on my total.

**Doug:** Who has had the greatest influence on you in your lifting career?

**Jan:** My husband Paul, who also doubles as my training partner. He's helped me realize my potential.

**Doug:** Could you give me a layout of your training program 8-12 weeks prior to a meet?

**Jan:** I train every day, encompassing a push-pull regime. I'll work a major body part once every 4 days. I go on four week training cycles, where I do singles every four days, one week may look like this:

Monday: Bench 135 x 3, 225 x 2, 295 x 1, 355 x 1, 370 x 1, Accessory Work - Cambered Bar Benches, Presses Behind the Neck, DB Flyes, Pec and Shoulder Work.

Tuesday: Deadlift 135 x 3, 225 x 2, 315 x 1, 405 x 1, 495 x 1, Accessory Work - Back, Trap, and Rear Delt.

Wednesday: Arms - Biceps and Triceps.

Thursday: Squat 135 x 3, 225 x 2, 315 x 1, 405 x 1, 495 x 1, Accessory work - Leg and Calf Exercises.

Friday: Bench 135 x 3, 225 x 2, 295 x 1, 360 x 1, 375 x 1.

Saturday: the process would start over again. I'd rest the Friday before the meet on Saturday and be back in the gym Sunday.

**Doug:** How do you see the future of Women's Lifting?

**Jan:** Because of the dividends, most women prefer bodybuilding, but with better contest promotion and renewed media interest from TV, Powerlifting could attract a larger following. I think we'll see women squat 750+, bench 500, and deadlift 750 by 1999.

**Doug:** Do you have any advice for women lifters?

**Jan:** Don't limit yourself to the standards of the past. Emcompass plenty of accessory work to ensure a good base for your lifting.

**Doug:** Are there any Lifters, men or women, whom you admire?

**Jan:** I consider Mary Jeffrey and Ed Coan today's premier lifters. I also admire Don Reinholdt, Bill Kazmaier, Sam Samaniego, and Lenny Bank.

**Doug:** What do you and your husband do for a living?

**Jan:** I'm working towards my Master's Degree in Special Education. My husband, Paul works in Research and Design. We live in San Diego and have been married for 5 years.

## JAN HARRELL interviewed by DOUG DANIELS



JAN HARRELL...has developed an incredible amount of functional muscle mass. (Ralph DeHaan photo)