

POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

Hideaki Inaba

his training and future plans by Susumu Yoshida

In 1982, Hideaki Inaba won his 9th World Championship title, the same number of world titles as America's Larry Pacifico. This is quite an accomplishment, but now he has a new goal, to win his 10th World Championship title. Since the beginning of Powerlifting history no one has won 10 championships, but that is what he is after in 1983.

In the fall of 1982, Inaba's condition was very good. At the Japanese World Team selection meet in September, he squatted 233 kilograms at a bodyweight of 53 kilos. On October 3rd at the meet in South Africa, he made 227.5 kilos, and again on October 17th, at the 3rd cup, he succeeded with 237.5 kilos in the squat. 2 days before leaving for the World Championships in Munich, he squatted 245 kilos. Inaba thought that Joe Culos might be competing for the United States in Germany (his world record is 242.5 kilos), and he felt good because he can usually do 5-10 kilos more at a meet than he does in training. However, when I met Inaba in Munich, he was disappointed. He told me that he had just been sick with fever and vomiting had not been able to eat anything. He understood that at this year's World Championships there would be drug testing, so he couldn't take any medicine for his ailment.

Right... Larry Pacifico and Hideaki Inaba, each show from many times they've won the World title.

After the championships I had an international telephone call from Mr. Inaba and he told me that he had won the competition with 225 110 217.5. He told me that the victory was wonderful, but his sickness was still not completely well. He told me that Dunbar had been his biggest competitor. On November 13th I met Inaba back in Japan and he talked about the meet. He felt sorry that his condition wasn't the best. Even though he felt he did not do well, he still wants to win the 10th World Championship. He told me several times "I will... I will... I will make the 10th World Championship." Dunbar and Culos are both very strong, but Inaba will never give up.

In the coming year, he plans to total 580 kilograms. Powerlifting is his joy of life. It gives him much happiness and through Powerlifting he can make lots of friends all over the world. He loves Powerlifting deeply inside of his heart. He showed me a picture taken with Pacifico with 9 fingers showing (for each World Championship), with Ken Leistner and John Gamble, his new friend. He really enjoys Powerlifting deeply.



TRAINING YEAR SCHEDULE
Dec-Jan-Feb... Long Layoff
Mar-April... Power Training
May-Japanese Nationals
Jun-Jul-Aug... Bodybuilding
Sep-Oct... Power Training
Nov... World Championships

TRAINING WEEK SCHEDULE
Sunday... at his home, light assistance work with his family.
Monday... at the gym, heavy benches 10-15 sets, light squats and deadlifts 5 sets.
Wednesday... at the gym, heavy squats 10-15 sets, light benches and deadlifts 5 sets.
Friday... at the gym, heavy deadlifts 10 sets, light benches 10 sets, light squats 5 sets.

Japanese National Championships, because after 2 months of practice, he is not in the condition yet. But after the Japanese National Championships he trains continuously for the World Championships.

2-3 years ago he only lifted weights at home, but now he trains at Kodaira training center, squat and bench press and deadlift 3 times per week, heavy, day 10-15 sets. On Sunday he spends time with his wife and kids, and does assistance work with them. Except Sundays, he doesn't do any assistance work just powerlifting. When he starts his training, he does light weight repetitions, many repetitions, but when the competition gets close he does heavy maximum singles. When he practices, it lasts about 2 hours. He changes his workout according to his condition. He will do 10 sets on a light day, and 15 sets on a day when he wishes to work hard.

Regarding his nutrition; he likes traditional Japanese food. He doesn't like Western food, hardly eating it at all. In the morning, he eats soybean paste soup, Japanese style cabbage pickle, and rice. For lunch at work, he eats at the cafeteria, the same as his coworkers. For dinner he eats at home, and his most favorite is raw fish (sashimi), and sushi. He likes a lot of raw fish. He doesn't like steaks, like Western weightlifters. When he went to South Africa, I heard every night in the bedroom "Oh, I want to eat sashimi, or... I want to eat Japanese style soup," always I heard these comments. I think it strange, as a powerlifter, for Inaba not to like meat dishes. After his victory in Munich, they looked all over the place to eat sashimi in a Japanese restaurant. He does not eat protein powder or vitamins. He wants enough of what he wants, that's his diet plan.

His usual bodyweight is 54 kilograms. He is thinking to go up to the 56 kilogram class, after winning his 10th World title, but that is not sure yet.

HEAVY SQUAT WORKOUT
 (at the start of a cycle), 120kg 2 sets of 8 reps, 140kgx2x6, 160kgx2x4, 180kgx2x3, 190kgx2x5, 130kgx2x7.
 (in the middle of a cycle), 140kgx2x6, 160kgx2x4, 180kgx2x3, 200kgx2x1, 170kgx1x4, 150kgx1x8.

HEAVY SQUAT WORKOUT
 (at the start of a cycle), 120kg 2 sets of 8 reps, 140kgx2x6, 160kgx2x4, 180kgx2x3, 190kgx2x5, 130kgx2x7.
 (in the middle of a cycle), 140kgx2x6, 160kgx2x4, 180kgx2x3, 200kgx2x1, 170kgx1x4, 150kgx1x8.

HEAVY DEADLIFT WORKOUT
 (start of the cycle), 150kgx5x4, (middle of the cycle) 150kgx2x4, 180kgx2x3, 200kgx2x2, 170kgx2x4, 140kgx2x4.
 (before competition), 150kgx1x4, 170kgx1x3, 190kgx1x2, 210kgx1x1, 215-230kgx1x1, 190kgx1x3, 170kgx1x4, 150kgx1x4.

(Translated from the Japanese by B.N. Liu and In Joo Lambert).



Inaba's Family...wife Toshie and sons, Hideki and Yukio (Yoshida photos).



Training for the deadlift and (below) with a 594 partial squat attempt.

