

INTERVIEW

TIM ANDERSON

as told to PL USA by Dr. Larry Miller

LM: Tim, let's start out with some background information. When and where were you born?

TA: I'm 36, and I was born in Black River Falls, Wisconsin. I grew up in Wisconsin before going to college in Minnesota. I moved to Nebraska in 1995, and have been living here since.

LM: What do you do for a living?

TA: I'm currently a police officer and have been working in law enforcement for 13 years. I also own a small commercial gym in Lyons, Nebraska.

LM: Did you go to college and what did you major in?

TA: I attended college in Rochester, Minnesota, and I majored in Criminal Justice.

LM: How did you get started in Powerlifting? What sports did you play in High School and College?

TA: As with many powerlifters I started lifting weights to get stronger for football. I started powerlifting in high school during the off season of football; it was something to keep me motivated and training for football.

There was an unofficial powerlifting team in my high school that competed in full powerlifting meets. I played football throughout high school and I continued playing football for two years of college. After college I took a couple years off from lifting while I was starting my career in Law Enforcement. I started training and competing again in 1997.

LM: When did you start competing in Powerlifting? What organizations have you competed in?

TA: I first started powerlifting in 1991 while in high school. Over the years I have competed in ADFPA, USAPL, NASA, IPF and non-sanctioned events. When I started out in high school I competed in some non-sanctioned events and later found ADFPA/USAPL events, which seemed to fit my beliefs and goals the best. I now compete exclusively in IPF sanctioned events to include USAPL and NAPF events.

LM: When you started competing, what weight class were you in and

what were your best lifts? What kind of improvements have you made over the years and what do you credit your progress to.

TA: When I started in High School I was a light 165-pounder. While in college, I did a contest at 181. When I returned to competing in 1997 I was in the 198lb class. I was only in the 198lb class for a few years before moving up to the 220 class, I hated cutting weight and decided to move up.

LM: Where do you train and who do you train with?

TA: I own a small commercial gym in Lyons, Nebraska named "Anderson Strength & Fitness". It is a 24 hour gym and has everything a powerlifter needs. I do all my training there. I train with Danny Thurman. Thurman has been on three US World Bench Teams, he has won Silver at the IPF Bench Worlds and holds the American Bench record at 181 with a 578lb lift.

LM: What are your best lifts at the weight classes you have competed in?

TA: 165: 308 (High School 1992)
181: 350 (College 1994)
198: 455 (1999)
220: 644

242: 628 (weighed 223).

LM: What are the highlights in your career to date?

TA: My career highlight would have to be breaking the IPF World record of 644lbs in the 220 class this year at the USAPL Bench Nationals. Second to that would be winning the IPF Gold at the 2008 World Bench Championships in Prague, Czech Republic.

LM: What type of training program are you on?

TA: Over the years I have tried a lot of different training programs and styles, but I have found that a standard periodation program has worked consistently for me. My programs are 8-10 weeks and peak for contest. I do a lot of raw bench, dumbbell presses, and decline. I do not do any shoulder work. Since the invention of the new single ply shirts such as the Katana, I have found the need for extra tricep and lockout work.

I do shirted board presses with over max weights all for doubles. I limit the number of sets to prevent overtraining. I plan to post my detailed training program on BigGunsNutrition.com soon.

LM: What are your views on steroids?

TA: I have a problem with those that take steroids and compete

in drug free or drug tested federations. Any way you look at it, it's cheating. It is unfortunate that some feel they need to cheat in order to compete.

LM: What type of supplements do you take?

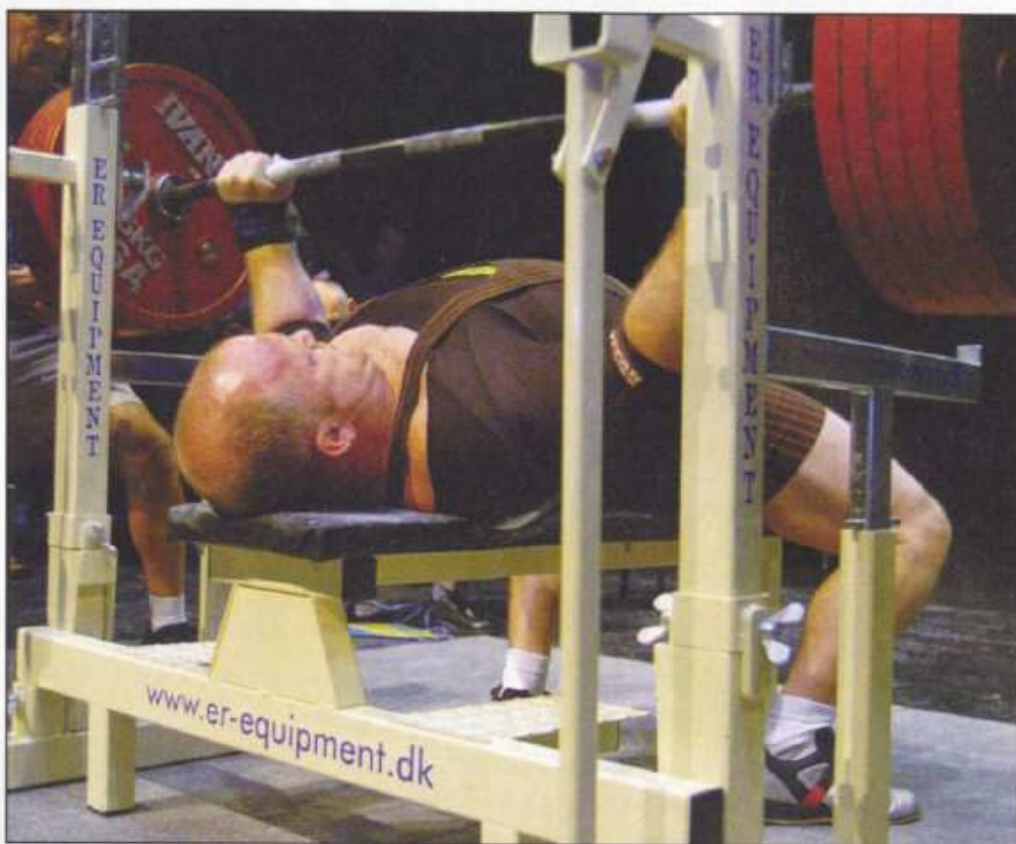
TA: I keep my supplementation fairly simple. I take creatine, protein, and occasionally I take MSN, Glucosamine and Condronine for joint health. I also use flax seed oil and a multivitamin. Since I'm subject to constant drug testing I am very cautious of the type and brands of supplements that I take. I get my supplements from BigGunsNutrition.com.

LM: What advice would you give to a beginning powerlifter?

TA: Always be open to learning. Even after 20 years of training I am still learning. I'm open to new ideas about training, programs, exercises, equipment, etc. Most powerlifters are happy to share training philosophies, routines, etc. with other lifters. Train smart and listen to your body. Everyone is an individual and what works for me may not work for you. You have to be willing to try new things, and don't be in a hurry—rushing things will end in injury. Progress takes time.

LM: What type of experience has it been for you to be on the US team competing at the IPF worlds?

TA: Being part of Team USA over the past four years has been very rewarding. It took me six years to finally earn a spot on Team USA and every year I make the team I am proud and honored to represent the USA. I believe being on the team and competing at the international level is one of the



Tim Anderson with his IPF World Record bench press of 644 pounds in the 220 pound class

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things that has helped me move to the next level as a lifter. I have met a lot of great people and made some lasting friendships.

LM: What equipment do you use?

TA: I wear a stock size 1st generation Titan Katana A/S bench shirt and Titan Titanium 36" Wrist wraps. I have used the same Katana shirt for all my meets over the last two years. The durability and performance of the Katana is second to none. I do not change shirts between attempts.

LM: What do you attribute your success too? Hard work, genetics, nutrition etc.?

TA: My training would not be classified as "hard work" compared to some other powerlifters. I would have to say I have trained smart over the years and avoided injuries. So I attribute my success to genetics, training smart, and longevity. And I would like to say some of my recent improvements have been due to some advice and constructive ideas from Donovan Thompson, US World Team Coach. He has given me another perspective of some things I could improve upon and change.

LM: What are your remaining goals in the sport and how long do you think it will take to achieve them?

TA: In 2007 I set my goals for 2008, they were to break the USAPL American bench record, win an IPF Gold medal, and break the IPF World bench record. I accomplished all of those. One friend of mine who is not a powerlifter asked me recently "What else is there for you to do now that you have won the Worlds and broke the world record?" I could not answer him. So I am reflecting on my accomplishments and trying to determine some new goals. But one goal, I want to be part of the first US Men's Bench Team to win an IPF Team Gold.

I'm 36 years old and I do not foresee myself continuing competitive lifting into my master years. So I expect I only have a few years of competitive lifting left in me.

LM: Who are some of your favorite lifters to watch?

TA: Some of the most entertaining lifters to watch are young new novice lifters. But as far as elite lifters, I enjoy watching Dennis Cieri and Jennifer Thompson.

LM: Any funny stories come to mind while competing?

TA: While being on the USA

World Bench Teams for several years with lifters like Steve Petrencak, Dennis Cieri, and Donovan Thompson I have a lot of hilarious stories and experiences, but none of those can (or should) be printed in this magazine.

LM: How did you feel at this year's bench nationals setting an IPF open world record?

TA: Going into the contest I had no real plan to attempt the record, I was just trying to win nationals. After I had the win secured, I made the call for the record. After completing the lift and sitting up to see the three white lifts I freaked out. I am normally an emotionally reserved lifter, but I went crazy with excitement. After 20 years of powerlifting, there is nothing that compares with the feeling I had that day after breaking the record. For 5 to 10 minutes after the lift it was all a blur, good thing Christy Newman had a lot of photos of the aftermath. Thanks Christy!

LM: When you see the rankings in Powerlifting USA magazine and you see some of the top lifters ranked so low, what crosses your mind.

TA: Apples and oranges, wait apples and pineapples. With all the different federations, rules, equipment, etc., you cannot com-

pare lifters any longer. No disrespect to any federation or lifter, but with the way rules are applied, weigh in times, equipment, etc the sport has become so splintered that there is no way to fairly compare lifters across federation lines, which is a shame. Lifters should have the choice of where they want to lift, but it would be great if there was one set of rules applied the same at all meets and one standard for equipment so everyone has the same gear whatever that might be.

LM: Why do you think we have so many different organizations in our sport and do you think the sport will ever unite?

TA: No one wants to be second, so there are too many federations, too many divisions.

I would love and support any plan to unite powerlifting into one federation.

LM: Any people you'd like to thank, Tim?

TA: I would like to thank my training partner, Danny Thurman; Donovan Thompson for the honest advice and great coaching; Pete Alaniz of Titan Support for the best gear out there bar none; And Zeke Fogarty of Big Guns Nutrition for his support.