

INTERVIEW

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

This interview with Phil Hile was conducted shortly after his victory at the ADF-PA Nationals. Phil was the first lifter (followed immediately by Dave Pattaway) to win all three National Championships in one year.

Bob: Please give us some personal information on yourself.

Phil: My name is Phil Hile. I stand a very proportional 5'0" tall with a normal training weight of 117 lbs., with only 9% of that being body fat. My hometown is Latrobe, PA, and I am the youngest out of eight children. In 1989 I graduated with a 3.58 GPA from West Virginia Wesleyan College, where I majored in Adult Fitness and Psychology. I am currently a second year Graduate Assistant at Marshall University of West Virginia, working towards my Masters in Adult Fitness/Cardiac Rehabilitation. In my assistantship, I performed comprehensive fitness testing on the students/staff and community of Marshall University, but my main responsibility is with the Marshall University Diabetes Exercise Program. I plan to be married May 18th to a beautiful 5'8" lady named Angela Hazlett. I have already started to look for employment in the spring when I graduate. I would like to work in a well established cardiac rehab center or in fitness and/or medical research.

Bob: How did you get started?

Phil: I was 7 years old when I first picked up a barbell owned by my brother D.J. and it has been love ever since. At 10 years of age, I was benching my own bodyweight for 15 reps. I began to seriously train in 1983 with the help of my Phys. Ed. teacher, Mr. Frouen and a masters lifter by the name of Oats Mears. With their help I competed in and won my first high school powerlifting contest held in Kittanning, PA in 1984, and I have been growing stronger and stronger ever since. My father, whom

I love so much, has been my backbone of support throughout my lifting career. Out of 30 contests that I have entered he has only missed two due to his heart condition.

Bob: You've been very successful. Do you have any future goals?

Phil: I have achieved most of my goals, but in the future I would like to win the IPF World Championship and one day be the strongest man in the world, pound for pound. Another goal, beyond lifting, is to be asked by Arnold Schwarzenegger or Sly Stallone to be in one of their upcoming movies; whichever comes first.

Bob: How do you feel about steroids?

Phil: I have never used anabolic-androgenic steroids nor any other illegal performance enhancing drug (P.E.D.'s), and I never will. Having an educated background, I have been taught and now preach of the dangers of P.E.D. usage/abuse. The risks involved with these drugs indeed outweigh any of the benefits. I will abide by any legitimate testing procedure, be it urine, blood, hair sample, polygraph, or chinese water torture, and I will always come out "clean". I am proud to be drug free (as you can tell) and if I could inspire and sway just one person from taking P.E.D.'s who reads this article, then I have done more than I have

PHIL HILE interviewed by BOB GAYNOR



PHIL HILE in Las Vegas, Nevada in 1989 - the site of his first USPF Senior National Championship Title.

ever dreamed. One day, I will be World Champion and it will be because of my God, family, and the people that support and love me, not from something that comes in a bottle or syringe.

Bob: Phil, what are your thoughts on drug testing?

Phil: One day I would like to see randomized drug testing, not only on the days of competition, but in addition to random sample testing of athletes 2-6 weeks prior to the contest date.

Bob: Can you tell us what your diet consists of?

Phil: My diet consists of 117 grams of protein a day (1 gram/pound of bodyweight). I try to keep my saturated fat intake down to a minimum, while boosting my complex carbohydrates to 55-60% of my total daily caloric intake. Even though research performed on nutritional supplements has been flawed by many extraneous variables, I still use them out of my superstitious behavior, due to the fact that I know many of my competitors use them. Good quality unbiased research needs to be implemented in this area, so that we as athletes can optimize our performance naturally with the supplements that work and throw the others out the door.

Bob: Phil, how do you set up your training program?

Phil: During the off-season, I train like a bodybuilder - powerlifter. I train all of the muscle groups, even the small ones. I am a true advocate

of abdominal work all year long, because the midsection is the center of gravity for most people. Strong abs will give greater stability to the athlete in addition to prevention of lower back injury. I also implement a 10-15 minute flexibility session before and immediately following my workout.

During the on-season, I follow the formula that most powerlifters use, I gradually increase my intensity while I gradually decrease my frequency and duration of exercise. The 'Less Equals More' regimen works best for me. I perform "pause" squats and half squats during my leg workout. I use light to medium weight and I descend to the bottom position and just stay in that position 3-5 seconds per rep. I feel that this gives me an explosive ability as well as increasing the flexibility of my hips. After my regular 7 sets of full squats, I pack on weight that I am not accustomed to doing and perform half squats, which stimulates my leg muscle fibers and stabilizers like nothing I have ever done before.

Bob: What advice would you have for beginners?

Phil: The best advice I could give to the beginner would be to educate yourself to the sport of strength training. Get a couple of well credited, well referenced books on the subject. Practice proper techniques of basic strength exercises. Increase your weights whenever possible while maintaining proper form. Most importantly,

stay away from drugs that saturate athletics today. BE PATIENT AND YOU WILL BE STRONG.

Bob: What are some of the titles you've won and records you've set?

Phil: Weight Class 52 KG - 114 lbs.: 1985 - USPF Pennsylvania Teenage Champion and Best Lifter in the Lightweight Divisions; National Teenage Champion and Record Breaker, Camden, Maine. 1986 - National Teenage Champion and Record Breaker, St. Louis, Missouri. 1987 - National Collegiate Champion and Record Breaker, Norman, Oklahoma. 1989 - National Collegiate Champion and Record Breaker, Ft. Worth, Texas; USPF Senior National Champion, Las Vegas, Nevada (1162 total). 1990 - USPF Senior National Champion, Hollywood, Florida, July 14th, (424 squat, 264 bench, 473 deadlift, 1162 total). Qualified to compete in the I.P.F. World Championships in the Hague, Netherlands; APF Senior National Champion and Best Lifter in the Lightweight Division, Pittsburgh, Pennsylvania, August 4th, (446 squat*, 270 bench press*, 479 deadlift*, 1195** total); ADFPA Senior National Champion, Chicago, Illinois, September 1st, (424 squat, 248 bench, 451 deadlift, 1124*** total) 1st Man to win all 3 Nationals. Note: ADFPA lifters must be drug free from August 1987 to present. (* - Jr. World Record, ** - Jr. & Men's World Record, *** - ADF-PA American/National Record)