

PATRICK HOLLOWAY »

Tell us a bit about yourself.

My name is Patrick Holloway. I am 42 years old and compete in the 275 and 308 pound classes. I am married to a great woman, Wendi, and have been for seven years. We have two great kids, Christopher and Morgan. I am a strength and conditioning coach/personal trainer in Phoenix, AZ.

When did you begin training?

I started like a lot of guys—in high school getting in shape for football and wrestling. That was back in the mid '80s. I started training for powerlifting in 2000 as a promise I made to myself that I was going to put up or shut up. So I put up and have not looked back since.

What systems of training have you followed?

I started with "The Westside Methods" and "The Joe Average" and over the years I have studied everything that I can find on training from some of the current and past monsters of metal. I modified and designed my own training methods. I also added "The Underground Training" methods of Zach Even-Ash, to get in the best shape as possible.

What current system do you use?

The current system is my own. I train 13 days on then I take one day off and start all over again. It is the "92.5 Percent System." It is a little strange, but has worked for me. My goal for each training cycle is to hit 92.5 percent, a preset goal for an upcoming meet that I am training for. I have to hit it four weeks in a row for 5 x 1. I do not overtrain on this method. I hit the bench three times per week, squat and deadlift two times per week and strongman/underground two times per week. And yes, that is training every day. I do take a day off every two weeks which is one of my bench days. I feel like my underground training (sandbags, kettlebells, sledgehammer, and mace) keep my conditioning at a very high level and I have to also keep my nutrition in line with this style of training. I keep from overtraining by limiting my volume of exercise to low, but the intensity high. I look at my training habits sometimes and can't believe that I have made it this far without falling apart.

Please elaborate more on how you cycle your training and what your latest training cycle looked like.

For my deadlift I pull for three weeks with the weights on boxes, then I do three weeks standing on a 2" block, then I will do a five week cycle pulling off of the floor with 5 singles at 92.5 percent—which I will do for the entire five weeks, repeating the 92.5 percent for 5 singles every week.

I just completed 5 sets of 5 with 710 pounds standing on a 2" block, with 30 seconds of rest between sets. This was 85 percent of my projected goal of 840 lb., which I intend to pull on June 12th at the WABDL nationals in Phoenix. I do the above deadlift training sessions on Fridays. I will deadlift again with Jerry Pritchett on Sunday mornings when we train on strongman implements and then do deadlifts in the power rack against orange (medium) jump stretch bands. The bar is positioned at mid-shin level and we work up to heavy singles.

I work my squat on Wednesdays by doing triples to a box with a deadlift stance supersets with leg presses. I work with 400 to 450 lb. for the box squats and 1000 lb. on the leg press for 10 reps per set. The squat stance I utilize is solely to position me for deadlift success—the conjugate method at work.

To build my bench press, I bench three times per week—Monday, Thursday and Saturday. On Monday, I train the bench with a close grip either off the chest or a one or two board, building up to a heavy triple. This is followed by close grip push-ups with bodyweight for 25 to 30 reps for 4 to 5 sets, keeping constant tension on my triceps.

Thursday I will bench with my normal competition grip and work up to a heavy triple. I follow this up with pec work and then either incline dumbbells or decline dumbbell presses. On Saturdays, I will bench heavy in a shirt and implement 92.5 percent of my goal for 5 heavy singles.

That's quite a workload, Pat. How do you do it?

Following all of my workouts I will do conditioning with Underground

style training—using either sandbags, sledgehammers, maces, or kettlebells. I mix and match these aforementioned implements doing cleans with a sandbag or swinging a 50 lb. mace for 12 minutes straight. I call this part of my workout punishment training and came up with the idea after seeing military shows on television that showed people going through bootcamp. No one got injured during this type of training—it just built mental toughness into people.

To what do you attribute your world class push-pull total to? Drug free, no less.

I attribute my lifts to being a student of the sport. I listen to advice from other elite lifters, past and present. I watch videos of my lifts, paying very close attention to technique and study every bit of information out there on strength training and proper technique on each of the lifts. I am very hard on myself when it comes to technique. I have great training partners that really help me clean up a lot of bad habits. I keep an open mind when it comes to having someone evaluate my techniques and since I can't see what it looks like when I am performing the lift, I have to listen and keep what is good and get rid of what is not.

Meet PRs?

710 bench press and an 821 deadlift.

Training PRs?

I have no training PRs. I focus all of my attention getting prepared for meet day. So with such a long training week, staying away from PRs in the gym keeps me a little fresher.

What is your rehab-prehab routine?

I am a big believer in massage, so all of my deadlift muscles get worked over thoroughly once every two weeks.

Other lifts you are proud of—military press, strongman lifts, incline bench dumbbell work, etc.?

It has to be any and all of the strongman lifts I do. This style of training is still pretty new to me and just getting out there and trying it is all something to be proud of. (P.S. I hate stones and farmers, Jerry.)

How and what do you eat?

I eat four to five meals per day. Weight gainers pre and post workout for me are the most important meals out of the four. The basic Creatine, BCAAs, Beta Alanine, and Omega-3 mix with a good carb to protein ratio. Nothing too fancy.

Any training influences?

Gus Rethwisch and the other old school power guys, and all the guys who can pull the big weights that give me something to work towards. I have to say, the old school crew are the guys I truly would like to thank. I don't have enough space to name them all, but we know who they are.

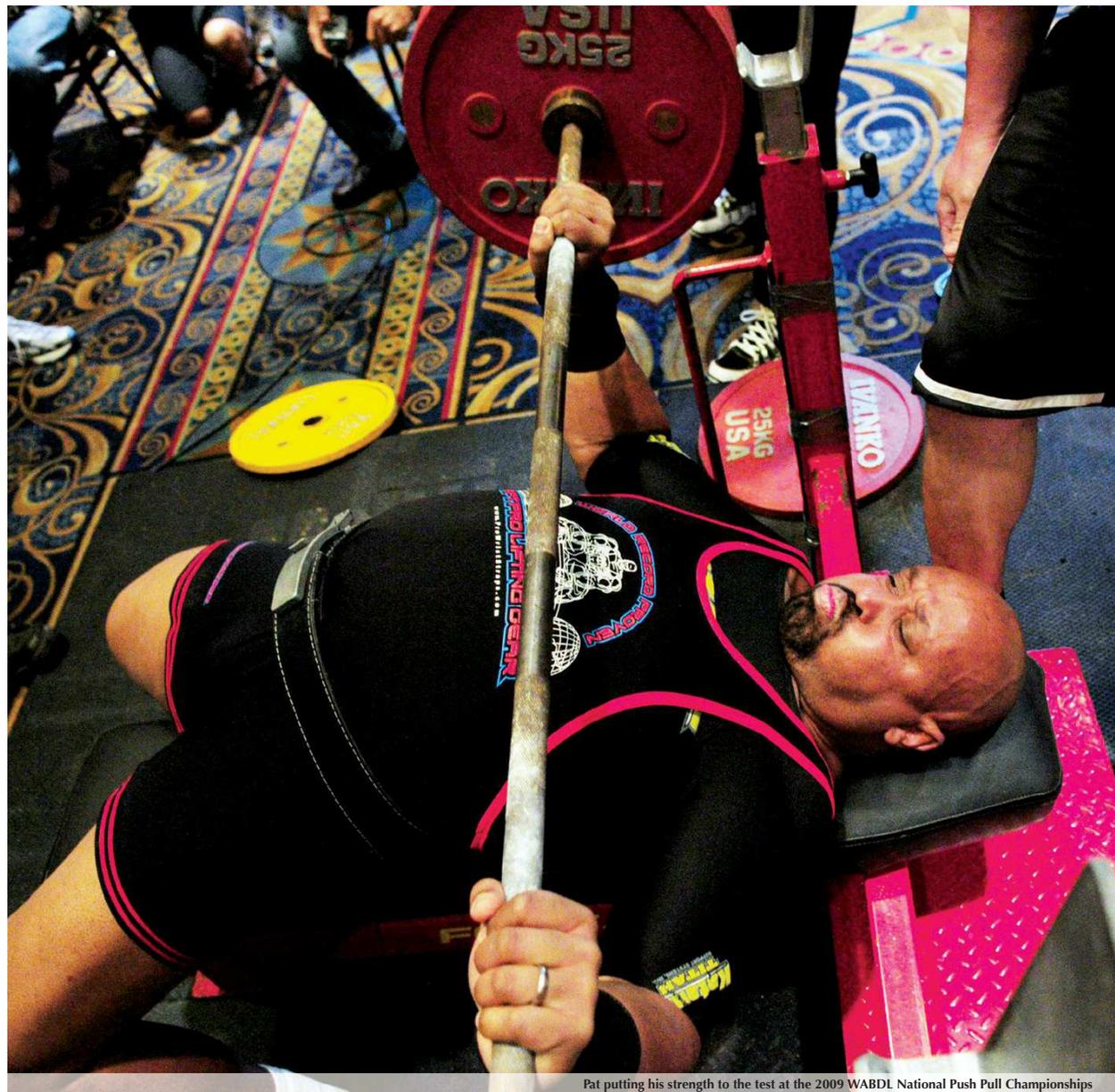
Who would you like to thank?

Gus Rethwisch, Jerry Pritchett, and Mike W. Without their help and watchful eye I would not be where I am right now. The Metal Mafia crew: Jeff, Mark, Scott, Chris, Marsha, Shelly and Matt. These guys have been great to train with. Most importantly my wife, Wendi. She puts up with a lot of the madness and still stays by me—thanks is not enough.

Any last words?

Meet day is a reward for getting your ass handed to you all week for a year. I have trained with Jerry Pritchett for five years and he has pushed me to be the best I can be. He is never satisfied and always wants to push me harder and further. My time is money, but the beating is free.

To contact Patrick for personal training or to purchase an online program, please contact him at pfitt@cox.net. ☪



Pat putting his strength to the test at the 2009 WABDL National Push Pull Championships