

INTERVIEW

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

VLADIMIR MIRONOV in Iowa

as interviewed by Jon Smoker

The following is an interview conducted with Vladimir Mironov at the Central Iowa Bench Press and Deadlift championships promoted by Jeff Baird on Feb. 2, 1991, where Mironov benched 605 and deadlifted 835 with an Olympic style grip.

Smoker: How old are you?

Mironov: 31.

Smoker: Where do you live?

Mironov: Omsk, which is in Siberia.

Smoker: Do you have a family?

Mironov: A wife and a 13 year old daughter.

Smoker: Do either of them participate in powerlifting?

Mironov: My daughter is too young and my wife does not exercise, but she is my best helper.

Smoker: What is your occupation?

Mironov: I am paid by the government as a powerlifting coach, but it is only 300 rubles per month, so it is not enough to support a family. So I also arrange sports and cultural tours and I sell computers and wood-based products.

Smoker: Are any powerlifters subsidized by the government?

Mironov: No, only the coaches have a salary. The powerlifting sportsmen must get by as best they can.

Smoker: Do you have a background in Olympic lifting?

Mironov: I did Olympic lifting for 16 years.

Smoker: What were your best lifts?

Mironov: 170 in the snatch and 210 in the clean and jerk.

Smoker: And the powerlifts?

Mironov: 370 in the squat, 290 in the bench and 420 in the deadlift.

Smoker: That would be a world record deadlift if done in competition. 420 kilograms?

Mironov: Yes, 420 kilograms.

Smoker: What does your diet consist of?

Mironov: Lots of milk, meat, potatoes and bread. I eat whatever I can find in the stores (laughs). I also drink very little; I once had 2 beers and got pretty drunk.

Smoker: Do you take any supplements?

Mironov: Only what is available to the general public. There are no special supplements for sportsmen where I live. So I take a B complex, vitamins C, A, D, and liver tablets.



Vladimir pulls 835! (courtesy Baird)

Smoker: Olympic lifters in your country train quite frequently, whereas powerlifters in our country usually train each lift heavy just once per week. So which way do you train?

Mironov: I train 6 days per week: 3 times on the bench press and squat, and 2 times in the deadlift. Two of the workouts in the bench press and squat are heavy and in one of the deadlift workouts I go heavy.

Smoker: Do you get any information about how American powerlifters train?

Mironov: No, none is available where I live.

Smoker: Is your training based more so on the cycles developed in your country's weightlifting system?

Mironov: Yes, but I have only used what I learned in weightlifting as a base. I have developed my own system.

Smoker: When I was in Moscow in 1986, I was introduced to a very extensive system of restorative techniques. Are such techniques available to you?

Mironov: I don't have access to any of those techniques.

Smoker: Do you do any accessory work?

Mironov: Only tricep extensions, overhead presses, lat pulldowns, curls and leg presses.

By choice I don't want to know any other exercises because my system is working.

Smoker: Your lifting was little off today. Was it because of jet lag?

Mironov: No, I lost weight in Moscow because I didn't know until the last moment if I would be permitted to leave after waiting for ten days. I was so angry and frustrated by the red tape and uncertainty, that it interfered with my training and I went from 130 kilograms bodyweight to 120.

Smoker: Why did you shift from Olympic weightlifting to powerlifting?

Mironov: Olympic lifting was causing too many injuries. I had a lot of problems with my joints.

Smoker: Which sport do you like better?

Mironov: Powerlifting. I enjoy it more because you can remain on more of an even keel in your training. It's not disrupted as much by injuries and pain. Olympic lifting is very bad for the joints. That sudden jolt of all that force is very harmful to the joints.

Smoker: 31 is considered old by the Bulgarian head coach. He has stated that sportsmen are retired from weightlifting in Bulgaria at 24.

Mironov: In the Soviet Union it is 25. After that you can no longer draw a government salary, unless you are exceptional like Rigert and Alexeyev.

Smoker: Does that mean that many ex-Olympic lifters are going into powerlifting?

Mironov: Yes, powerlifting is already very popular in the Soviet Union.

Smoker: What do you think are the chances of powerlifting getting into the Olympics?

Mironov: I can only hope, but I don't have any inside information on when this might happen.

Smoker: Who do you look up to in lifting?

Mironov: My coach for many years, Vasily Kolotov, a 1970 World Champion. He was not only a great teacher, but also a great human being.

Smoker: Do you have any message for American powerlifting, like "The Russians Are Coming"?

Mironov: (laughs) No, I don't want to say anything negative to the American lifting sportsmen. I love them and wish them well.

Smoker: What have you liked about America so far?

Mironov: The American people. They have been wonderful.