

INTERVIEW

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

JM: Give us some personal background about yourself.

WW: I'm 31 years old and live in Huntington, West Virginia. I am a dry wall contractor and operate my own business. I'm 6' tall and weigh around 335 lbs. I have a 57" chest, 22 1/2" arms, and 18 1/2" forearms. I started lifting in 1983 after a short boxing career as an amateur. My first meet was in 1984, and I benched 365 lbs. as a 242 pounder.

JM: What sort of a diet do you maintain?

WW: Peanut butter sandwiches, pizza, hot dogs, hamburgers, Budweiser, and a lot of each. I've never been much on vitamins and supplements. I'd rather have a hot dog than a protein drink or vitamin anytime.

JM: What are your best competition lifts?

WW: 749 squat, 705 bench, and a 677 deadlift.

JM: Do you intend to concentrate on the bench or do you foresee full power competition in the future?

WW: I would like to compete in the APF and ADFPA Senior Nationals in 1995 in all three lifts.

JM: What records do you hold?

WW: I hold the NASA Nationals bench record, the West Virginia State single lift bench record of 639 lbs., and numerous meet records.

JM: What are your views on all the different organizations in powerlifting today?

WW: Most of it has boiled down to a monetary issue - People - (certain people) are in it for the money. They promote meets for personal profit and not to benefit the lifters. I don't want to make anybody or any one organization mad, but some play favorites and discriminate against certain lifters. Some organizations think that a big name lifter scares other lifters away and that it takes away from the number of lifters they can get.

JM: What does your bench press training and routine consist of?

WW: I don't believe in doing heavy singles. I do five to seven reps during a six week training cycle: sets of seven for the first three weeks, set of 5 for the second three weeks, and the last workout before the meet I do a single with what I feel will be my second attempt at the meet. Whatever I

WILLIE WILLIAMS

as interviewed for PL USA by John Messinger

do for five reps I can usually do 13% more for a single.

When I did 625 lbs. for five reps, I benched 705. When I do my heavy sets of five reps, I wear a bench shirt. Lifting drug free and doing too many sets below five reps is too hard on my joints.

JM: Who are some lifters, past or present you admire or feel most influenced by?

WW: Ted Arcidi. I've trained with his routines for years, and I feel his philosophy is the best. I went to one of his seminars in 1989 and was really impressed. I feel he could have been and could may still be the best bencher of all time. He could probably break the 800 lb. barrier barring injury. He got out of benching and into pro-wrestling before he reached his full potential.

JM: Who are some other great benchers. Would you like to com-

pete against them head-to-head?

WW: Maddy, Tokarsky, and, of course, Anthony Clark - I'd like to especially go at it with Anthony.

JM: So can we take that as a challenge to Anthony Clark?

WW: Yes! I'd like that any time, any place. It's nothing personal, but I'd just like to prove that I'm as legitimate as these other lifters!

JM: Who, if anyone, can break the 800 lb. barrier, and what do you think is your ultimate bench press poundage?

WW: Arcidi could do it; maybe Anthony Clark, and I feel like I can do it. Don't think I'm crazy, but I feel like 850+ lbs. is not unreasonable. I once said, "My mind and my body are together; if my mind says I can do it, then my body will do it!"

JM: What are your views on steroids and drug testing?

WW: If you want to do it, that is your business, but I personally don't feel the need to use them. But, if you do them and go to drug free meets, you are cheating, and I look down on that. As for drug testing, I think the best way to test is the urinalysis; it is much more foolproof. A polygraph won't even stand up in a court of law, so why should it be used to test a lifter? I don't like it.

JM: Who, if anyone, has been most instrumental in your lifting career?

WW: Maria Yokum, Troy McNett, Warren McComas, and Larry Browning. These are all good friends who have believed in me and stuck by me no matter what!

JM: Are there any comments you would like to make on anything we haven't addressed?

WW: Powerlifting is a relatively young sport. Lifters haven't begun to reach their potentials yet. No telling what kind of lifts we will see in the future. Lifters should not set limits; don't let anybody tell you that you can't do something; always push to prove the critics wrong.



Joining the 700 Club... Willie Williams with 705 at the Mountaineer Bench Press Contest. (Scott Gee)