

## C.C. HOLCOMB

INTERVIEW BY WADE ZENO



**Age:** 23

**Height:** 5'4

**Weight:** 179

**Hometown:** Center, Texas

**Gym:** Primal Strength and Fitness

**Max S/B/D:** Classic Raw  
 Max- S:617 B:363 D:607 Raw  
 Max- s:540 B:363 D:622

**Best Total:** 1587lbw

**Athletic Background:** Volleyball, Basketball, dance, powerlifting, and Track and Field

**Instagram:** @C.C\_Holcomb and my team page @goatpowerlifting

**POWER:** Largest sleeved and wrapped totals of all time in the female 181 lb weight class (also, hold the top 198lbs raw lifter)— how does it feel to be at the top? What motivated you to get to this point? Who are some people that inspire you?

**HOLCOMB:** It's still a surreal feeling to be at the top of both divisions in the 181lbs weight class. I remember being a little girl dreaming of becoming one of the strongest female or the strongest female powerlifters in the world. Due to a series of events that took place in my childhood, I started powerlifting to feel strong and empowered. My motivation comes from the fear of failure and not allowing adversity and life to conquer me. When I'm lifting, I think about me vs me. I am too determined to not allow my past to determine my future. I'm very blessed to be at the top of the sport at 23 years old, All Glory to God. Jill Mills, Kimberly Walford, and Chleo Van Wyk are my all time favorite lifters and individuals. They embody everything that strength sports represent, strength, beauty, humility, humbled, hon-

est, caring, genuine, and successful.

**POWER:** You put up one of the biggest performances in history on the biggest stage this year at the 2018 US Open. What was the environment like? How did you prepare mentally and physically for meet day?

**HOLCOMB:** As powerlifters, we work hard for several months to prepare for any given meet. It was honor to be able to compete at the US Open two years in a row. The environment is hardcore and motivating. As an athlete, you know that you have to bring your absolute best, or your competition will beat you. Preparing for the US open, I knew that I had zero room for error in my preparation. I was uncomfortable in ever aspect of my meet prep, including, training, nutrition, recovery, and every day life, but I was determined to be just as good as my competition. Russel Kern, Gracie V, and Steve Dennison did an amazing job with making sure the meet was properly executed.

Every single day I thought about the meet. Everything I did was calculated and well thought out. I was Full-Time college

student, business owner, coach, and I'm in the army reserves., so training for the meet was extremely stressful. When I felt overwhelmed, I prayed, took 10 slow deep breaths, and went back to work. I trusted the process, and gave every single day my absolute best.

**POWER:** We'll get to your squat and deadlift – but first, your bench. You did your first raw powerlifting meet 2 ½ years ago at age 20, where you benched 303 lbs. in the 181 lb. class. That's quite a phenomenal feat! Since then, your bench press has increased by over 60 lbs. Bench is a lift with which many woman struggle to make progress. Obviously this isn't the case for you. To what do you attribute your success in the bench press? Do you have any advice for people that have plateaued in their progress?

**HOLCOMB:** Honestly, I have always been naturally good at bench pressing. I have made several changes to my technique, allowing me to recruit more muscle fibers to press more weight. My advice to lifters would be to put their bodies in an

optimal position that will allow the individual to utilize their back, chest, legs, and shoulders. If an individual is experiencing a plateau, drop the weight and rebuild or try different bench variations.

**POWER:** You go back and forth between sleeves and wraps in your meets. How does your sleeved training/meet-prep differ from that of your wrapped? Is there any carry-over between the two?

**HOLCOMB:** There is not much difference in the training for sleeves and wraps. I train in sleeves majority of the time, and when it's time to go into wraps, I still do my drop-sets with sleeves. I am able to get roughly 70-80lbs out of my wraps. I use Anderson KLA 4000 wraps. If you visit Anderson website, use reference code HBB18 in their comment checkout section.



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**POWER:** You have the all-time highest female raw deadlift, regardless of weight class. Needless to say, you're proficient at the deadlift. How do you train your deadlift (e.g. what frequency and what kind of accessory work)? You pull conventional – have you ever considered sumo? Do you or have you ever incorporated sumo deadlifts into your training?

**HOLCOMB:** I try to give myself at least 20 weeks to prepare for a meet, so I can spend time building strength before peaking. I like high-volume linear progression style training. I try to make my deadlift as hard as possible in the building phase. I love deficits, stiff bars, and heavy rack pulls. I have considered sumo, but I'm build to be a conventional puller. I have never incorporated sumo deadlifts into

my training regime, but I do see myself adding accessory sumo pulls into my off-season training.

**POWER:** interestingly, your total (1587 lbs.) is 3rd largest all time regardless of weight class, yet you compete in the 181 lb. weight class. April Mathis (SHW) currently holds the all-time largest female total of 1703 lbs. Do you think you're capable of breaking her record and achieving the largest total of all time? Would you need to bulk up to SHW to obtain it, or would you try to obtain it at a lower weight class?

**HOLCOMB:** April Mathis is hands down one of the greatest female powerlifters Alive. She's a good friend of mine too. I know April only does what it takes to stay ahead of her competition, so you will never truly know her maximum strength, which is exciting and scary at the same time.

I don't see myself reaching 1703 any time soon. I've tried bulking up, and I had more technical problems and injuries at a heavier body weight. The heaviest I've weighed is 210lbs, and I'm my absolute strongest at 179-187lbs. I would try to obtain my largest total at a lower body weight.

**POWER:** Following up on the previous question, a current topic of debate in the powerlifting community is cut-





**ting weight for meets. What are your thoughts on weight cuts in powerlifting? Do you think the 24-hour weigh-in system is a good thing?**

**HOLCOMB:** I don't have enough knowledge to truly put input on this debate. Regardless of what's the cash prize at a meet, I cut weight for two reasons, wilks and health, so I can't speak on why others cut weight.

**POWER:** For several weeks, your 664 Wilks score was the highest of all time. Recently, Marianna Gasparyan, a female 132 lb weight class competitor, nudged past you with a 666 Wilks score. How do you feel about Wilks score in general? Do you think you'll reclaim the Wilks record in the near future?

**HOLCOMB:** I couldn't be happier for Marianna Gasparyan. I talked with her the day before, so I wasn't surprised. That's the beauty of the sport of powerlifting, records are meant to be broken. Female

powerlifting is extremely competitive right now. After taking time to rest and allowing my body to heal, I see myself going back to break my own wilks. When I compete, my goal is to better than I was at my last meet.

**POWER:** What are some of your short-term and long-term powerlifting goals?

**HOLCOMB:** In two years, I've accomplished my short-term and long-term powerlifting goals. In two years, I am now known as the greatest 181lbs (raw and classic raw) female powerlifter of All Time. The greatest 198lbs raw female powerlifter of all time. I hold 15 ATWR to my name. I hold the largest deadlift of any female in the history of powerlifting. I am blessed. I thank God everyday for giving me the strength, courage, and discipline to accomplish such major feats at the age of 23.

**POWER:** What does your off-season training regimen look like?

**HOLCOMB:** Although I refer to it as off-season, I'm always working on cleaning up technique and building strength for the next meet, so I am never really in off-season.

**POWER:** For elite, top-level athletes such as yourself, diet is crucial. How carefully do you monitor your diet? Is there any food that is a staple in your diet?

**HOLCOMB:** Working out is the fun part of my training. Diet is 80% of my battle. I monitor my diet everyday, expect one week post meet. I eat the exact same foods every day. Chicken, turkey, eggs, oatmeal, brown rice, sweet potatoes, greens, and water are foods that are staple to my diet.

**POWER:** What are some of your favorite non-lifting hobbies and interests?

**HOLCOMB:** My favorite non-lifting hobbies are watching movies, eating, coaching, and going to school. **PM**