

BY GEORGE OKUNEV

A CONVERSATION WITH ANDREY MALANICHEV

POWER: Hello, Andrey. Thanks for taking the time to sit down with Power. Can you please give us a brief biography of yourself?

MALANICHEV: My name is Andrey Vladimirovich Malanichev. I was born on January 10, 1977, on the outskirts of Moscow in the Odintsovskiy region. I live in Moscow. I work as an assistant for head of sports of the Barvihinsk Region. My parents are Vladimir and Galina Malanichev; I also have a sister named Irina.

POWER: What are your current best lifts, raw and equipped?

MALANICHEV: Equipped is 1,036 lb. squat, 661 lb. bench and 903 lb. deadlift (2,600 lb. total)— all done under IPF rules (single-ply, walk-out squat). At that competition, the deadlift bar was a little stiff. Raw is 992 lb. squat (with knee wraps), 507 lb. bench and 815 lb. deadlift (2,314 lb. total). During the squat I had to use a Monolift. I didn't like it because it bounces too much when I try to push my back under the bar. We had four spotters hold the Monolift for me. In addition, I was still recovering from bicep and chest injuries.

Note: Malanichev said later that he had plans to squat past 1,000 lbs. that day, but because he could not setup properly on the Monolift, the 992 lb. squat put more pressure on his back than it did in training and he decided to stop there.





Russian Strongman Mikhail Koklyaev and Andrey Malanichev

“My sports philosophy is to set high goals and achieve them, to dare myself to do new weights that no one has done before.”

POWER: When did you start lifting? Do you do any other sports?

MALANICHEV: I started powerlifting when I was 16. I also box and do some wrestling.

POWER: What is your training philosophy? How do you motivate yourself to lift weights that very few people have ever tried to lift before?

MALANICHEV: My sports philosophy is to set high goals and achieve them, to dare myself to do new weights that no one has done before. I have always been driven by my ambition and curiosity to find my limits. Every day when I go to train and don't feel like it, I tell myself that I have to do it, I owe it to myself to train and complete my plan for that day.

POWER: Do you follow any special diets?

MALANICHEV: My diet doesn't change when I compete. I just eat a lot more food when I am training for a competition. I eat a lot of oats, different types of porridge, fish, chicken and red meat. I always eat high-quality food.

POWER: What training methods have you used in the past and how do you train now?

MALANICHEV: My first coach, Andrey Chuprin, was very brutal. He wrote programs for me and my friends that were very broad and very hard. I had six training sessions a week. I would squat twice a week and then train the other lifts four more times. I would do four sets by six reps in winter, four sets by eight reps in spring and four sets by 15 reps in summer. After that I would do six exercises for back for six sets each. It was very hard to train this way. My coach told me that I needed to build a very powerful base. After that I turned to professional powerlifting coach in Igor Zavyalov. When he wrote me my first program I was very surprised by how little there was to do and how light it was. After my previous nightmare, training with Zavyalov seemed like child's play. But with him I became the champion of Russia, then Europe and then the world! Now my training is very simple, just four times a week – Monday: squat; Wednesday: bench; Friday: deadlift; Saturday: bench. Just one exercise a day and no assistance work besides bench twice a week.

POWER: Does your training change from raw to equipped competition?



PRO PERFORMANCE¹ **ADVANCED**
AMP MUSCLE
PERFORMANCE

THE ULTIMATE LINE OF PEAK PERFORMANCE PRODUCTS



INTENSE MUSCLE REPAIR FOR INTENSE TRAINING.

THE POST-WORKOUT RECOVERY PROTEIN THAT WORKS AS
HARD TO REPAIR YOUR MUSCLES AS YOU DO TO BUILD THEM.



142% faster
absorption of BCAA
to fuel muscles*.



25 grams of fast and slow proteins
plus 18 grams of muscle-feeding waxy
maize for optimal muscle repair.

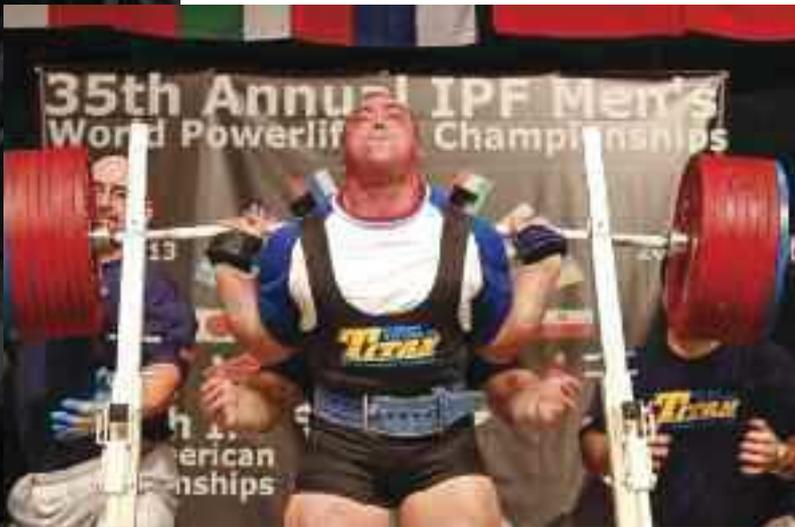


Amino Acceleration
System delivers more
key amino acids faster.

CLINICALLY TESTED. PROVEN RESULTS. ONLY AT GNC AND GNC.COM.

*This randomized, double-blind, crossover study of 14 healthy men who were subjects experienced significantly higher muscle creatine concentration and total amino acids, branched-chain amino acids (BCAA) and leucine and muscle protein synthesis at 100 minutes post-exercise in the AMP group relative to a control group. AMP also showed improved post-exercise recovery of whole muscle concentration. Significant differences for the rate of change of BCAA and muscle protein synthesis were also observed relative to the control group. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1-800-271-4482 or visit GNC.com for the exact nearest you. ©2011 General Nutrition Corporation. May not be available outside the U.S.

GNC
LIVE WELL



“...training with Zavyalov seemed like child’s play. But with him I became the champion of Russia, then Europe and then the world!”

MALANICHEV: No, training is the same. Approximately 4–6 weeks before the competition I will put my gear on. For raw, I don’t use it at all.

POWER: What are your views on raw vs. equipped lifting, and will we ever see you do a multi-ply competition?

MALANICHEV: I like lifting raw because I don’t have to squeeze myself into suits and shirts. Also it enables me to demonstrate my true physical strength. I don’t want to use multi-ply gear – not this year, anyway. Later on? Maybe, we’ll see. Unfortunately people want to see the biggest weights being lifted. They don’t care how many “plys” the lifter is wearing and how much it helps the lifter. I don’t like it. I like pure powerlifting.

POWER: I would think it would be hard to have idols when you are the best, but I know you are very fond of Ed Coan, do you have any other idols?

MALANICHEV: In music, Iron Maiden. In literature, Sergey Yesenin. In powerlifting, Ed Coan.

POWER: What are your best times and worst times during training? Does it ever feel too hard?

MALANICHEV: My training doesn’t depend on what mood I am in. I give maximum effort and intensity all the time. I feel great when I complete my planned training and do well in competitions. I feel bad when I don’t. It’s very simple.

POWER: What are your goals in the next year, and next three years?

MALANICHEV: I don’t like setting long-term goals. I only focus on my next competition. I don’t waste time thinking of competitions to come. During the Cup of Titans I want to total more than 2,667 lbs. using IPF rules.

POWER: You have some very strong friends: **Andrey**

Belyaev, Misha Koklyaev, Yevgeniy Yarymbash. How much do they motivate you?

MALANICHEV: We don’t catch up that much because we live in different towns. We talk on the phone and on the ‘net. Our training is too different; we can’t really borrow anything of use from one another. At this very moment, what motivates me is the fact that there is a guy by the name of Yevgeniy Yarymbash. He will create very serious competition for me during the 2011 Cup of Titans.

POWER: What can you tell us about the upcoming documentary you are involved in?

MALANICHEV: The film is made by my promoter, Dimitriy Spiridonov. I like his professionalism and his work very much. I trust him completely. I think it will be very interesting. I can’t wait to see it when it’s finished. If, after watching this documentary, 10 or more young people decide to get into powerlifting, Dimitriy and I will feel that we have succeeded in our task.

POWER: Thank you so much for taking the time to speak to us. Is there anyone you would like to thank?

MALANICHEV: I would like to thank my parents, especially my mother. She brought me into this world. I weighed over 13 lbs. at birth! I want to thank all of my friends; they are always there to support me. I would like to thank God, who is always with me.

POWER: One last question: When will you squat 1,100 lbs. raw?

MALANICHEV: Raw? I think you are confusing something! I want to squat 1,100 lbs. equipped, walked-out and single-ply (IPF rules). If I ever squat 1,100 lbs. raw, then I am from another planet and I am made out of steel, not bone! **PM**