

INTERVIEW

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

GB: Pat, can you give us some information on yourself

PH: I am 32 years old, and a full time firefighter. I also have a personal training business. I received certification through ISSA. I am 5'8" tall and weigh 230-235 lbs. I use Inzer's Z-suit, HD blast shirt and Z wraps. I also use the Marathon deadlift suit, Safe's SST shoes and belt. I started powerlifting in 1983 and in 1985 I joined the Air Force, but continued to train and compete when I reached my first base. I competed in the APF Nationals in 1990, the AD-FPA Nationals in 1994 and the USAPL Nationals in 1998.

GB: What other sports were you involved in?

PH: Football, baseball, boxing, rugby, bodybuilding, racquetball, tennis and golf

GB: How did you get started in powerlifting and what keeps you motivated at this level?

PH: My football coach gave me an entry for the 1983 Michigan High School Powerlifting Championships. I entered with little knowledge and no gear and

placed 3rd in my weight class. I was hooked! I stay motivated knowing I can do better and win the Nationals and the Worlds. I want to be the best, and once I am there, the drive to improve my best performance will push me.

GB: Where do you train?

PH: At the Minot Air Force Base (ND) gym and my basement gym.

GB: How do you rate the current supplements on the market?

PH: There are a lot of good supplements on the market, and it is really hard to pick and choose without going broke. The things I have used that work are creatine, ephedrine/caffeine/aspirin stack, a good multi-vitamin/mineral and glucosamine/chondroitin. The jury is still out on HMB.

GB: What are your goals in PL?

PH: Short term, I want to win the USAPL Nationals in 1999. Long term, I would like to have several titles under my belt and do everything I can promote the sport. I figure I will referee, coach, and put on meets. I would especially like to work with kids as a strength coach to help them excel in other sports.

GB: What's your training philosophy?

PH: I like to train consistently year round. I have found that taking time off seems to only make it

Pat Hall as interviewed for Powerlifting USA by Gene Bell



Pat Hall ... one very strong firefighter

harder to come back. For off season, I do plenty of sets at 50-70%, changing assistance movements every so often. The only difference with contest training is a few heavies before the meet.

GB: Do you have other interests?

PH: I have spoken to high school students about fitness and nutrition, coached Special Olympics and Pop Warner football. I have participated in putting out canisters for the Muscular Dystrophy Association and volunteered for the Cancer Walk for Life.

GB: What are some of your best feats of strength in training and best lifts in competition?

PH: Feats of strength include: seated behind the neck press: 275 for 3 reps, bent over rows: 405 for 5, rack deadlift: 835, triceps extensions from the floor with 225 lbs. for 5. My best squat was 749 at 242, best bench was 500 at 220, best deadlift was 750 at 242 and best total 1914 at 242.

GB: What do you think of the diversity of powerlifting in America?

PH: It dilutes the sport. I started out when all I knew was the USPF. I think it is time for the "leaders" to put their egos aside and work for the good of the sport. If we want to realize the dream of Olympic recog-

nition, then our voices have to be as one. Some people feel that the equipment is the issue, but there are tons of sports that use equipment to further their performance. For example, track and field athletes use compression pants to aid in many of their events. So equipment isn't necessarily the issue. Maybe somebody should call Ben Welder and see if he could help powerlifting as well. Lifters have to realize too, that if they are not part of the solution, they are part of the problem.

GB: Give us some insight into your job as state chairman for North Dakota.

PH: If there are any sanctioned meets in North Dakota, it is because I put them on. I have lost a lot of money promoting 10 lifter meets. People just don't seem to be interested. You, my fiancee, and I are the only certified judges in the state. The most successful meets are the

non-sanctioned bench meets. I guess people don't feel the added hassle of meet sanction, membership cards, drug testing, and all the other stuff one must do to enter or have a sanctioned meet is worth it. Most people just want to put meets on without answering to anybody and enjoy lifting - at least in North Dakota. Besides that, some of the older guys in the state feel that they should be able to use androstene, DHEA, and whatever else comes over the counter. Part of the problem is me as well. I still like to lift, so it is hard to divert time from my family, my job, my personal training business and school to really promote the sport.

GB: What are some of the titles you have won?

PH: 1985 Michigan Teen Champ @ 198, several North Dakota Championships @ 1998, 220, 242, 1994 - 4th at 1994 ADFPA Nationals @ 220, 1994 - USPF Military Champion @ 220, 1995 USPF North American Champ @ 242, 1998 - 5th USAPL Nationals @ 220.

GB: Anything you would like to add?

PH: I think many people look for the magic workout or the magic pill that will make them successful. The key to being successful in powerlifting is hard work and consistency.

People have to believe in themselves and their abilities more. It has been proven through science that we have only begun to tap into our potentials. No single workout will work for everybody, so once you find what works for you - go for it. The supplements on the market today are only tools to help one excel, not crutches to rely upon because they don't work unless you work your body anyway. You have to remember that good recuperation and sleep will go a long way. The mind is also a major player in how you perform. I listen to motivational speakers to help keep a good healthy attitude, and it seems to help my workouts. I also believe in massage therapy and chiropractic to aid in healing. I think a lifter has to be well rounded in order to excel.

I would like to thank Mary, my fiancee, for being so supportive, Gene for the interview and for being a great training partner, and John Inzer and Inzer advance designs for sponsoring me. Thanks for the interview; it is a privilege and an honor.

Pat Hall's Deadlift Routine - Dead-

lift standing on 100 lbs. plates. The first few weeks, I keep it around 2-3 sets of 5-8 reps, usually 400-500 pounds. 6-8 weeks out, I start moving the weight more towards a max, trying to see how much I can pull with just a belt, the closer I get to a meet. Then I will drop the weight down and pull 2-3 sets of 10-2 reps to finish platform deads. 2-3 weeks out, I will pull some heavies from the floor to see where I am going to open with, never going above the opening weight. Next, I will move the bar inside a power rack and work lockouts from the knees. I try to pull a little bit more each week, but if I feel weak, I may skip lockouts and just do the shrugs that follow. I usually try to do 2-4 sets of shrugs for 5-8 reps, using 600-700 pounds after lockouts. Next, I like to do some sort of weighted ab exercise either with a Nautilus type machine, a sit-up board with weights across my chest, leg raises, or using a cable crossover, incline bench, and something to hold my feet, I'll do weighted crunches similar to a machine Louie Simmons talked about. Next I will finish the workout with 3-4 sets of weighted hypers, and pullups or some kind of rowing movement. For a while, I was coming home after this and my squat workouts, and pulling my truck across the parking lot with a tow strap hooked to my power belt.