

# INTERVIEW

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

The following is an interview with Dan McCain, conducted by Bob Gaynor, shortly after Dan's most recent victory at the 1988 ADFPA Nationals. Dan is 29 years of age and resides in West Des Moines, Iowa.

## DAN McCAIN

as interviewed by BOB GAYNOR

**BG:** What is your occupation?

**DM:** I am a physical education teacher in the Des Moines School District. I also coach football, wrestling, track and soccer.

**BG:** How many years have you trained and been competing?

**DM:** I have been training for twelve years and have been competing for six.

**BG:** Dan, how did you get started in weight training?

**DM:** I started lifting to improve my athletic ability in high school. I played college football at Drake University and kept my lifting up. When I was done playing football I felt the need for competition, so I decided to start powerlifting.

**BG:** What are your best lifts?

**DM:** Squat 903, bench 556, deadlift 705, total 2142.

**BG:** Could you tell us a few of your titles and records.

**DM:** 1987 ADFPA National Champion, 1988 ADFPA Iowa State Champion, 1988 ADFPA National Champion, 1988 Drug Free World Champion. I also hold all the drug free world records on squat, bench, deadlift and total with 825, 480, 650 and 1955. In Iowa I hold the state ADFPA records in the squat, bench, deadlift and total with lifts of 903, 556, 705 and a total of 2142.

**BG:** What future goals have you set?

**DM:** To retain my titles of National and World Champion.

**BG:** Dan, could you give us your views on steroids and drug testing.

**DM:** I believe people who use steroids are setting synthetic records on the National and World level. These records are phony and should be rewritten. These people are representing our country and are looked up to by our young people. We will never have a drug free society until the heroes and leaders of this country are drug free and stand up for a drug free everything.

We may have a chance to add our sport to the Olympic spotlight if we prove to our olympic committee that we are committed to making our sport drug free and that, in fact, we are drug free.

I believe drug testing can work if lifters do not know who is going to be tested and they do not know what type of test will be used. I believe polygraph and urine tests can be used effectively in this manner.

**BG:** What are your views on diet and supplementation?

**DM:** I feel my diet is such where using supplements could only hurt my strength instead of aiding it. Extra amounts of protein rich food during my cycle and building up of car-



**Big Dan McCain...**at nearly 400 pounds bodyweight, he is rapidly approaching Mike Hall's all time best squat at SHW in the ADFPA ranks.

bohydrates two weeks before the meet enhances my strength and energy level.

**BG:** What type of training routines do you follow in season and off?

**DM:** During the off season I will train with higher reps and lower weight. Usually (4) sets of 8 at 50 percent of my max. I will increase my auxiliary lifts and tend to train more like a bodybuilder.

During the in season I utilize sets of 5, 3, 2 and 1. This is what a cycle will look like:

Squat and Bench

Week 1 6x5 up to 60 percent of goal

Week 2 6x5 up to 65 percent of goal

Week 3 6x5 up to 70 percent of goal

Week 4 6x5 up to 75 percent of goal

Week 5 6x5 up to 80 percent of goal

Week 6 6x5 up to 85 percent of goal

Week 7 6x3 up to 87.5 percent

Week 8 6x2 up to 90 percent of goal

Week 9 6x2 up to 92.5 to 95 percent of goal

Week of meet - train to opener.

Note: I start at a lower weight and add weight to each set until I reach my percentage of maximum goal.

On deadlifts I will use a pyramid type of cycle where I lift heavy one week and light the next. Here is a deadlift cycle:

Week 1 5x5-60 percent

Week 2 1x8, 1x6, 1x5, 1x3, 1x2,

1x1- 80 percent of maximum

Week 3 5x5 - 65 percent

Week 4 1x8, 1x6, 1x5, 1x3, 1x1,

1x1-85 percent of maximum

Week 5 5x5 - 70 percent.

Week 6 1x8, 1x6, 1x5, 1x3, 1x2,

1x1-90 percent of maximum

Week 7 5x5-75 percent

Week 8 1x8, 1x6, 1x5, 1x3, 1x2,

1x1, 95 percent of maximum

Week 9 5x5-80 percent

Week of meet - work to opener.

**BG:** Dan, what advice would you have for a beginner?

**DM:** Don't be in a hurry to gain a lot of strength in a short amount of time. Show patience. You can get strong without the use of drugs. There are many great powerlifters, or athletes for that matter, who have never used steroids, cocaine, pot, speed, etc.

**BG:** Who are your heroes or those you admire in powerlifting?

**DM:** I admire guys like Mike Hall, Gerald Welch, 'Bull' Stewart, who have proved that they can compete with the elite in powerlifting without the use of drugs. These men that I mention are also pure lifters, meaning they have never taken steroids.

**BG:** Besides lifting what are your other interests?

**DM:** I enjoy spending time with my family and volunteering my time for my church. I am a fisherman and hunter. I love the outdoors and I try to promote a drug free atmosphere in society every opportunity I get.

**BG:** Dan, are there any other comments you would like to make?

**DM:** A mind filled with drugs is worthless, a mindful mind is power. Say no to drugs!

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