

Profile

LEWIS GRADDON

Can you tell us a little about yourself?

My name is Lewis Graddon, I am 20 years old and I am a student at the University of Wales Institute Cardiff. I am studying Science in health, exercise and sport.

Explain a little about drug-free powerlifting.

Drug free powerlifting is a platform for serious lifters to come and compete on an even playing field without lifters who use anabolic substances. It's all about knowledge of nutrition and balls to the wall training.

What are your best lifts?

(82.5kg BW Juniors), Squat: 190 (training), Bench: 105kg, Deadlift: 240kg, Total: 505kg, Clean & Jerk: 120kg

What titles do you hold or have held?

I have been Welsh powerlifting champion twice for the teenage two and teenage three divisions in the 75kg class. I have also won the teenage three 75kg British championships in 2005; I came second in the world championships in Turin in the 82.5kg class T3 I lost by 7.5kg. I am the current 82.5kg junior British champion with a total of 505kg at a body weight of 76.9kg.

What records do you hold or have held?

I have multiple Welsh records particularly in the Deadlift. I also hold the current T3 World record for the deadlift and total in the 75kg class, I used to hold the squat record but recently that has been broken. I have obtained a world record in the 82.5kg single lift deadlift with a lift of 225kg T3 division. And I also hold the British record for the 82.5kg deadlift single lift juniors with a lift of 240kg.

What is your training regime?

I train four days a week as follows: Monday: Bench with asst exercises and triceps. Tuesday: Deadlift with asst exercises and biceps. Wednesday: Rest. Thursday: Heavy shoulder work with abdominals Friday: Squat day with asst exercises. Saturday & Sunday: Rest with maybe some CV training Eg. Boxing

How long have you been powerlifting?

I have been powerlifting since summer 2003

How important are training partners to you?

Training partners are important and crucial for certain exercises such as the bench press and the squat. But they have to be willing to work hard and turn up week in week out.

What made you become a powerlifter?

I love lifting big iron!

What is your favorite assistance exercise?

For the bench press I would say heavy incline work and the close grip bench press. For deadlift I would say the Good morning and stiff leg deadlift. For the squat I would say box squats and the incline leg press with loads of weight!

What is the biggest mistake that beginners make?

Beginners tend to overtrain when they first start and they tend to try and lift too big a weight before mastering technique which is the most crucial part of the sport.

What is your advice for beginners?

As I said in the previous question they must master technique first and slowly build up their core strength and build up their mental power.

What are some of your most memorable powerlifting experiences?

My most memorable powerlifting experience was the Grangemouth British championships last April. There was a great atmosphere and the standard of lifting was superb. I also liked winning the juniors as well obviously!

What is the craziest thing you ever seen in powerlifting?

The craziest thing I have seen was on the Internet on irongame.com, where Konstantin Konstantonovs deadlifted 430kg at a bodyweight of 125kg. I couldn't believe my eyes! Also Luca Stea in the World Championships in Turin, deadlifting 251kg at a bodyweight of around 73kg.

What are your future goals?

I would love to win the world junior title in Cork, and one day in the future I would like to enter the under 105kg Wales strongest man to show all the roid heads what drug free strength athletes can do! Then who knows?

What do you think is the most important factor when it comes to upping your lifts?

Consistency, you must keep training hard with no long breaks between training periods. I also go by the "go hard or go home" saying also.

Do you think powerlifting should become an Olympic sport?

Yes I think it should be included in the Olympic games only if all the bench shirts and squat suits were gotten rid of. In my eyes they make the lifter more of a scaffold frame than an actual lifter! Also there would need to be much stricter drug control policies brought in if it were to go the games.

How do you see the future of powerlifting?

I see the future of drug free powerlifting growing but I also see the number of people in other associations who use gear going up also. We just need to try our hardest to wheel in more young talented lifters to the BDFPA who will keep it going for years to come.

What does your diet consist of?

My diet consists of 220 grams of protein a day with moderate carbs and low fat intake. I also drink loads of milk and take multi vitamins and minerals.

What makes the difference between an average lifter and a champion?

Obviously genetics plays a big role, but at the same time anyone who has the ultimate desire to win, and even if he or she wins and they are unsatisfied with their performance because of the fact that they just new they could of done better, that is the ultimate champion. Never happy with what they have done. Always striving to better themselves. That makes a difference between an average lifter and a champion.

What training style do you think works best?

You always have to periodize your training. So one month you train with higher reps with less weight and as a competition nears, you should up the poundage and lower the reps so that you peak once the competition arrives.

Do you think bodybuilding exercises should be in a powerlifters' routine?

Yes I think that bodybuilding exercises should be included in a powerlifter's program because in order to be strong and powerful, the whole body needs to be powerful which includes smaller ancillary muscles. And these are worked the most through different body building exercises. I am a firm believer in the Power Bodybuilding way of training.

What are your favourite supplements?

I don't use supplements, maybe sometimes a good protein powder, but strength comes from good whole foods, and a strong mental approach to training.

What has powerlifting taught you?

Powerlifting has taught me discipline, persistence and desire.

What does powerlifting mean to you?

Powerlifting means a lot to me because it is something that I feel I am meant to do. I love the training side of it the most, because if you don't like the training you might as well quit now.