

2017 British Womens Classic Championships preview

Emma Taylor



A short interview with Emma Taylor ahead of this weekend's British Womens Classic Championships

How long have you been training?

I've only been weight training for about two years and specifically powerlifting for the last year.

What does your typical training week look like?

I tend to train six days a week. It's squats on Monday and Tuesday, bench on Wednesday and Thursday, and then deadlifts and accessory work on Friday and Saturday.

What is your preferred lifting style? Are you sumo? High bar?...

I'm a sumo lifter. Sumo deadlifts and low bar squats. I do lift conventional and my conventional is only about 20kg off from my sumo but I'm tall. I've got really long femurs and I've got a really long torso so it just doesn't suit me to do conventional. I just prefer sumo. I don't feel as though I have the same power off of the floor as I do with sumo.

When it comes to training, do you prefer RPE based programming or do you work from percentages?

I tend to work off of percentages. I'm being coached by Shilo from the Strength Society which is based in South Africa. For the past four weeks I've also been having technical coaching from Dan Bedford, his technical coaching has run alongside my program put together by Shilo for comp prep.

So of your lifts, which would you say is your favourite?

Deadlifts! Although bench is slowly becoming my favourite at the moment. I have the Masters YNEPF deadlift record at the moment. I originally took it when I did the Masters Championships in Belfast

with 165kg and now I've taken it again with 172.5kg. In just a matter of months I've managed to bring it up to that standard.

How are you feeling going into this weekend's competition?

I'm feeling really good. I thought I'd feel really nervous but I feel as though I've got my stuff together. To say that I haven't done that many competitions I feel like I've learnt so much in the few that I have done. I've learnt about staying at the right weight, preparing myself in the run-up to meets, carb-loading, and I feel ready.

Are you approaching this meet in the same way as you would for a regional one?

No, I do them all exactly the same. I eat the same food over and over again. I don't change anything, and the training is the same.

Do you have any specific goals or numbers in mind?

Because this is an Open age category competition I know that I stand less of a chance because I'm a Masters lifter. So the plan really for this competition is to make sure that technically my lifts are the best that I can get them. Then I want to carry on working on the technical side of things for the Masters in December.

So the Masters is the main priority?

Yeah, I just want to make sure that technically I've made improvements from the last competition, which I seem to have done. I just want to make sure that I can pull it out of the bag in a competition setting. I'm trying to change my squat at the moment and I've been working on tweaking my bench. Then hopefully I'll take it to the Masters in December with some bigger numbers where technically I'll have it all spot on.

Do you have any long term goals over the next few years?

My long term goal would definitely be international lifting. I'd be looking to lift in the Masters classes, it suits me better. I think it would be silly at my age to try lifting against some of the younger people. They're strong! I don't think I realised at the time that a recent European deadlift gold was an equipped 160kg lift in the Masters category; so I have got the potential there in my deadlift. This weekend the plan of action is for me to get 180kg. Currently the British record is at 180, so I may bottle it or I may go in for a little bit more and go for the new record.

What has been your best meet experience so far?

I think they've all been my best. I originally came from competing in strongwoman where it was really competitive and there wasn't much of the social thing where everybody was cheering you on. After the switch over to powerlifting, the thing is, even if you're lifting against a person they're still cheering and screaming you on to support you. Even though everybody is going for their own PBs there's no hatred there. I love it. I love how you're in that line-up and you're lifting against these women but everybody is still wishing your good luck. It's completely different from the strongwoman side of things.

How long were you strongwoman training for?

When I first started lifting weights I trained for around eight months with a strongwoman competition in mind. I entered it not thinking that I would have a chance, and then I went and won it. I decided from then that it wasn't really for me as I liked the powerlifting atmosphere so I started to focus on powerlifting more.

So what are your hobbies outside of powerlifting?

Eating haha! I work as a PT so to be fair I just eat and train. I've got a little boy and I love doing quite a lot of stuff with him.

Last question, do you have a powerlifting hero? Somebody that you look up to or somebody that pushes you to achieve?

I think everybody that I've come across since I've been powerlifting has been inspirational in their own little way. Even if it's just been giving me a little bit of advice when I've had nerves. Even the refs as well, I think it's everybody that I've come across. Everybody is so supportive, even on social media. People I don't even know wish me well, it's unbelievable.

