

## Thoughts on the 2018 Classic World Powerlifting Championships

Dylan Nelson



A short interview with Dylan Nelson ahead of the upcoming 6<sup>th</sup> World Men's Classic Championships

### **Could you tell us a little bit about your sporting background? Has it always been strength based?**

The first sport that I took part in was actually boxing while I was in school. I did boxing from about age 9 until about 14. It was when I moved away to work that I started going to the gym, training, and lifting weights and stuff like that.

### **How long have you been powerlifting?**

I'd say I've probably been training for powerlifting specifically for just over 2 years, but I've been training for around 4.

### **And you've been training up at Parkhead. What is it about the community there that produces so many strong lifters?**

I think it's just because we always all train together. We have good craic and it feels like being part of a proper team. It's an actual team; it's not just a gym!

### **What is your training split looking like at the moment?**

At the minute I'm training 5 times per week going into Worlds. It's two heavy days and the rest is spent focused on volume work.

**So you smashed the British squat record at the Juniors last year, can you tell us a bit about that experience.**

It was pretty surreal because I'd had that in mind for ages and ages, and to actually finally do it and break it by such a big amount was great. It was pretty surreal that I achieved one of my big goals. Obviously the next goal is to try to break the World squat record. At the Juniors I was actually devastated because I went in with every intention of winning but I ended up dropping my last deadlift and that pushed me down to third place which I was really gutted about. Luckily I've still got the opportunity to represent Great Britain in Canada so that's a positive that has come out of it.

**Talking of your squat, what's your secret?**

Haha, I think the reason that my squat is so good and my deadlift is so terrible is because when I first started training I did two Smolov cycles back-to-back and I didn't deadlift at all. I just trained legs four times a week for about five months straight, and that got my squat up from 190kg to 250kg in a really short period of time. I think that's why my squat is so high now compared to my deadlift. Other than that it's just being able to grind out a good squat, which isn't really something that you can work on, you've just got to be gifted with that.

**Looking ahead to Worlds, you'll be squatting before Russell Orhii and Brett Gibbs lift; will you be aiming to take the Open World record?**

I hope so, I mean, my squat training has been going better than ever this cycle. I squatted 290kg easily in the gym and yeah I think it's there. Breaking 300kg could be there, I'm just hoping that everything is perfect on the day as it needs to be.

**What are your expectations for the rest of the competition?**

Obviously with it being my first international meet, I'd just like to place. Maybe in the top five, or something like that. I don't want to get my hopes up too high and get crushed again though. I think the top five is going to be extremely close, we're all going to be within about 5 or 10 kilos of each other. Apart from that American guy obviously, Charlie Dickson, he's a monster. I think everyone below him is going to be really fighting for a top five finish, so I think it's going to be a really really exciting class to watch.

**And you'll have Erik Mata in there with you, is there any rivalry between the two of you?**

Nah I think it's just like a friendly rivalry, we like to take the piss out of each other on Instagram and stuff but obviously we'll all be in good spirits when we're up there. We'll be cheering everyone on, as a team, not just because of at the British Juniors.

**Will you be in Canada for the duration of the competition?**

Yeah, so I fly out on the 5<sup>th</sup> June and I'll be there for some of the Sub-junior events and stuff, and then I'll lift on the 11<sup>th</sup> and I won't fly back until the 19<sup>th</sup> June. Hopefully I'll get to see Big Ray (Williams) squat 500kg as well, that would be good to watch.

**Is there anyone else that you're excited to meet?**

Not really one person in particular, just everyone really. There are loads of people that I've seen online; hopefully I'll meet a few nice people. I would like to meet Ray obviously and people like that. There are still a lot of people that I haven't really gotten to know yet that I'll be able to meet when I'm there.

#### **Do you have any post-Canada lifting plans in mind?**

Yeah I do. At the start of the year there's always an Open competition in Ashington and I'm going to do my first equipped competition there in 2019. Hopefully just to see how much I can squat with a suit on, that's my goal really - to see if I can squat 800lbs with a suit!

#### **What do you like to do outside of powerlifting?**

To be honest, I don't do much apart from lift. Even if it's just going to the gym to train other things away from powerlifting I don't really do much else. Apart from work as well. That's literally about it – Eat. Work. Gym. Sleep.

#### **And do you have any advice for any YNE lifters looking to reach an elite level?**

I think that first you need to join a proper powerlifting gym. There are loads in the YNE at the minute so that should be quite easy to do. I think that's one of my biggest tips. Being able to go into a proper gym environment with experienced lifters and have them help is great.

**Dylan was due to lift in the Junior 83kg Men's class on 11th June but unfortunately will no longer be able to compete.**

