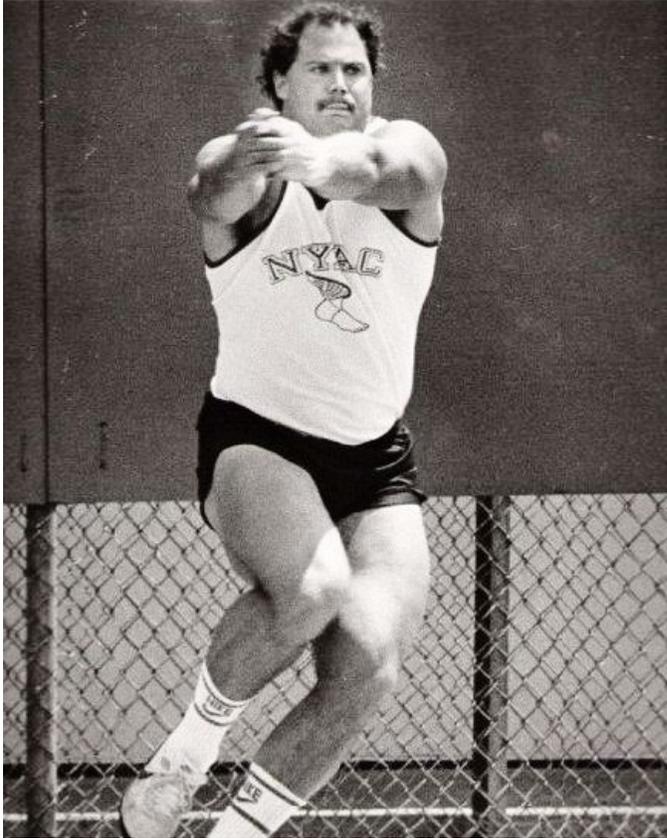


## Success Leave Clues: Interviews with the legends from the life of Charles Poliquin



One of Poliquin's most well known athletes is 4 time Olympian Jud Logan. We hope you enjoy this interview with Jud where he takes us through his history with Charles, from first encounter through setting all time competition PRs and making several Olympic teams.

JF: Jud, there was no social media or easy access internet back in the 80s and early 90s, so what was the story that brought you to Charles?

JL: There was a guy named Angus Cooper who I knew in the past and ended up moving to Kent State in 1991 where he stayed with me for some time. Angus was doing bobsled at this time and was coming from some training in Canada. Angus knew I was at a stagnant point in my training, things just weren't moving for me, and he suggested I go see a coach he just got done training with up in

Canada. Angus contacted Charles and told him about me. Luck had it that Charles was looking to break into the American athletics at that time too. After I got the green light to meet him, I drove all the way up to Montreal where the border guard informed me that 90% of the population didn't speak english. Using a map quest I printed out, I finally found his house at 10pm. I knock on the door but no one is home, so I wait it out. After about 30 minutes I see this small man walking up with bags of groceries. I say to myself "this can't be the Charlie Bulldog I've heard so much about, he's too little". He walks up to the door of the house though, so I get to him and say "hello, Charles? I'm Jud". The first words to me were "You're fucking late. I waited 5 minutes before leaving." At this point I had a flash of anger where I wanted to pack my shit up and leave, but I couldn't let it all go at this point. I had to see if there was anything worth sticking around for. I get inside the house and he shows me where I would be sleeping, a sheet, a blanket, and pillow on a hard floor. He doesn't say another word to me, and then a friend of his comes over to workout in the basement. They make their way down and I tell myself this is the make or break moment. I either go down and see what all the fuss is about, or I tuck tail and run back home. I grab my notebook and camcorder and make my way down. I see them doing all sorts of things I had never seen before. Movements, tempos, rest times.... I just start filling my book up with notes.

JF: Were you aware of what kind of person you were going up to meet? Had his reputation gotten out ahead him?

JL: I didn't know much outside what Angus had told me. He would tell me his nickname was Charlie Bulldog because of how he would go off on people. There were some mumblings of his first company, Force Elite, and their ability to produce medal after medal. Had Angus not told me so much about his ability for strength coaching, I would've turned right around after his first words to me were so rude.

JF: What did you see that made you decide to train under Charles vs someone else?

JL: The precision of everything. Everything was dictated and for a purpose. Angles, hand positions, tempo, rest times, A1 vs B1. I would say that the true moment of buy in happened at a commercial gym the next day. Charles said I would be training with a female speed skater he was training at the time. Leg day. I was confident because I was a 700+ lb squatter, but things did not go my way. With only 80 kg on the bar, the speed skater and I started with 505x tempo back squats. First set was fine, second set things were getting weird, but by the third set I went down on the first rep and could not stand back up. This little woman buried me! Charles explained to me that while I was one of the strongest people he had ever seen, my weaknesses were also some of the weakest he had ever seen too.

JF: What can you recall about that first training program you did under Charles?

JL: I was in shock from how much size I put on. I was used to doing 15 or 20 reps in a set, but that was just me going at it balls to the wall. Now I'm doing eccentrics, sets with tempo, and the time under tension is so much greater. I would get done with a set and I would see muscles and veins I never saw before. It was definitely addicting. I told him what my numbers were at the time and he asked me my goals. I said I just couldn't get my power clean to budge. It was at 180 for the longest time and I told him I really wanted 200kg. He said no problem. He went in to his work office and some time later he said he just sent me an email with the next 12 weeks of my programming. 12 weeks later, I power cleaned 200kg.

JF: Was that a common thing? To declare a feat you wanted to do and that determined the program?

JL: No, but sometimes it helped. I was in awe of his ability to make things happen. At the time he asked me if the indoor championships were important to me. I said of course they are, and he said "Ok then, we're going to break the world record." The record at the time was 78 feet 10 inches. I threw 80 feet and ¼ inch. I broke the old world record. Unfortunately for me the 1996 Olympic silver medalist Lance Deal threw 80 feet 4 inches the throw right before me. SO, what Charles said would happen did in fact happen, I broke the world record that existed the day I showed up to throw, I just didn't end up owning the record when the day was over.

JF: Was it hard adapting this new style of training?

JL: Once I bought in, that was it. I remember going out to buy a sports timex watch so I could make sure I was doing tempos and rest times exactly as he wrote them. Just because I had buy in though didn't make it easy. My ego took a beating at first. Anything with short rest periods murdered me. With tempos and eccentrics, I had to really lighten the loads I was used to using. However Charles explained to me that in the gym, training the hammer throw was more about training the decelerators rather than accelerators. It helped though to see the results on the field. Eventually through providing him feedback we found that I responded best to a 2 week hypertrophy focus followed by 1 week of heavy intensity. I feel like nothing before or since that ever worked quite as good as that 2 to 1 ratio of lighter loads to heavy loads.

JF: While Charles is often told eventually that he was right, his ideas were not always accepted right off the bat. Was there anything he told you that you were skeptical of at first but then finally saw the light?

JL: German volume training, for sure. However, eventually he introduced the "advanced" GVT of 10x6 that was better suited for fast twitch people like myself and I could see the value in that. Oh, and clusters. I thought that was just stupid when he first told me about that. Charles showed me a sprinter doing 25 sets of singles and what was explained to me was that because of the rest between the reps, the force produced would actually stay at a much higher average intensity than if they were done in a traditional set. In fact, the first several reps the force would actually increase. What's funny about that is that since then I have used clusters to peak absolutely every last one of my best athletes. Every PR, national record, all american, you name it, all primed and prepped with clusters.



JF: I can recall years back you sharing photos of the empty supplement bottles from the protocols Charles had you on. Was he your gateway into supplements?

JL: He wasn't my gateway. We were all using things like beef liver and wheat germ back in 84 because of Arnold, but Charles was definitely my first exposure to using them in such a professional and methodical manner. He was, however, my gateway to other major recovery methods like ART. To this day, I cannot say anything had as much of an impact on me as much as chiropractic and ART.

JF: What are some of the best gems you took away from your time with Charles? Training or non-training related, what are some valuable lessons you can instantly credit to Charles?

JL: If you're training longer than an hour, you're making friends, not gains. For sure that one. Then there is his mantra "you can only train as hard as you recover" that kept me going and competing at the Olympics till the age of 45. Saunas, massage, ART, acupuncture, contrast temperatures. All in one way or another came from Charles. Then another habit he had was that early in his career he would essentially go on lockdown for 1 month a year at the library where he would pull up all the latest research from around the world. That thirst for knowledge makes me feel like Charles was the smartest man I had ever known and it inspired me. I tell people all the time that 90% of what I do is set in stone, but 90% of my time is spent searching for that last 10%. That's all Charles.

JF: What about books? People were always asking Charles book recommendations. What is a book you are glad he turned you on to?

JL: Dan Millman, "Way of the Peaceful Warrior"

JF: To close out, this company is going forward because of Krystal's wish to commemorate her father's life work. Is there anything you would wish Krystal to know about Charles and the kind of person he was?

JL: I knew Charles for a long time. I knew him for quite a bit before Krystal was born. I can say without a doubt Krystal changed him and the person he was. Before, he was bent on becoming the smartest and most respected coach in the world. It was the only thing that brought him any sense of purpose. I was around him when he was making profound discoveries in training methodologies, or when an athlete would win a gold medal. I can say for sure that I never saw or heard him as happy as when he would later talk about Krystal. Whether it was how she was doing in Judo, or shooting, or when they were rescuing cubs, his face was visibly proud when talking about her. She shifted his entire world and sense of purpose. -end