



MUSCLEPHARM POWER SPOTLIGHT

GREG DOUCETTE

BY KEN WHETHAM



Nitro glycerin comes in a small package, but it's strong as hell – and dangerous. The same can be said about Greg Doucette, who competes in the 198 division.

Most people expend all their energy toward one goal, one accomplishment or in one discipline, but that's too easy for some and that's why Greg also competes as an IFBB bodybuilding pro. Isn't it hard enough to get ready for a powerlifting meet? How can you juggle and be good at both? I spoke to Greg about how he balances his training, nutrition and competition planning to compete in both powerlifting and bodybuilding.

Tell us a little bit about yourself, where you're located in Canada, your age and what you do for a living. My name is Greg Doucette, I'm 37 years old and I reside in Halifax, Nova Scotia. I'm the owner of "Doucette Personal

Training and Consulting." My business focuses on training clients to achieve their goals, and I also offer nutritional consultation for clients who want to learn about proper nutrition. I specialize in preparing competitors to get ready for their competitions or shows. I'm 5 feet, 6.5 inches tall. I compete in the 198 division, but in the off season I usually weigh 210 lbs.

You're an IFBB pro bodybuilder and also compete at a high level in powerlifting. What got you interested in these sports? What first sparked my interest in bodybuilding was actually an episode of "That's Incredible" where a 13-year-old was competing in bodybuilding competitions.

I first began serious weight training at 10 with my father and twin brother. Three days a week we trained our whole body using equipment that my father had constructed by hand. I used to love those training sessions, and they are some of my fondest

memories growing up.

Once I hit age 17 I knew I was ready to compete. I won my first bodybuilding competition. I first began powerlifting when I competed at local bench press contest at a hotel bar where I lifted more weight than grown men as a teenager. In my first official powerlifting meet I set the national record in the bench press for both juniors and seniors on my opening attempt completing 342 lbs. at 148 lbs. bodyweight raw.

What are your best competition and gym numbers so far? Best gym lifts: I've benched 405 lbs. for 15 reps, deadlifted 685 lbs. for five reps and squatted 555 lbs. for six reps and a 600-lb. single on an 11-inch box.

Best raw lifts in a competition lifting in the 198 division: I've squatted 573, benched 529 and deadlifted 678. My 529 bench press was the former WPC world record and my 1,742 total was also a former WPC world record.

What are some achievements you've accomplished in both bodybuilding and powerlifting? Career highlights in powerlifting:

- 2010 raw WPC world record, gold medal bench press and overall winner
- 2010 raw WPC world record total, gold medal and overall winner

Career highlights in bodybuilding:

- 2013 11th place Toronto Pro
- 2013 15th place New York Pro
- 2012 Canadian Nationals Light heavy weight winner (earned IFBB Pro card)
- 2012 Nova Scotia Heavy Weight and overall winner
- 2009 Atlantic bodybuilding overall winner
- 2007 1st light middle and overall

IFBB drug-tested national physique championships
• 2006 Fame muscle amateur and professional world champion

Have you always competed raw, and have you ever considered lifting in gear?

When I first started competing I thought that doing the bench press raw without the aid of a shirt meant that you literally competed with no T-shirt on. I used to test my one-rep max with my shirt off, thinking that was how raw lifting was done. When I first competed I was lifting raw and was setting national records in contests that allowed shirts. I tried lifting in a single ply IPF approved single-ply bench shirt, squat and deadlift suit. I used an F6 and a Katana, a Hard Core Inzer suit and Metal deadlift suit with knee wraps. I never tried double ply suits or canvas suits and never will.

I honestly hate using powerlifting gear and I'm happy to move forward lifting raw.

What is your most memorable competition and why? My most memorable contest was the 2010 Worlds in Idaho for two reasons. I had a great meet and won my class and the overall along with setting records in the process and I got to spend the weekend with other great powerlifters, and great guys like Willie Albert and Jay Nera.

Have you ever suffered any significant injuries that have prevented you from training or competing? I don't think I have ever not suffered significant injuries. The last time I trained without injury was for the 2010



WPC worlds. After that I tore my ICL and had a meniscus tear that prevented me from training my right leg completely for six months. I also pulled an adductor muscle that prevented me from competing in Moscow when I was setting all PRs in the gym at the time. For the past 10 years I have been suffering from (FAI) syndrome femora ace tabular impingement "cam type," which has constantly made it near impossible to train squats effectively. I have recently had hip surgery and as a result and I'm currently recovering. The doctor said in six months I can train again.

How do you balance training for powerlifting and bodybuilding at the same time? All my workouts revolve around the "big three" (squat, bench and deadlift) followed by exercises to make me pretty. In my view this capitalizes on the benefits of both forms of training.

Basically I train my entire body every five days. I do squats, bench and deadlifts on three separate days, and about 50 percent of my workout is spent on the "big three." I believe that intensity not volume is the key to getting strong. One other factor that separates my workout from most is that I believe in doing higher reps in the off season in order to build bigger muscles and allow for joints and injuries to heal.

Do you select meets that allow you to forego bodybuilding training while you prep for a powerlifting meet and visa versa?

Basically I just try to do powerlifting and bodybuilding events six months apart so that the diet does not affect my numbers. I do compete while dieting for a show, but I cannot lift quite as much. It's still fun to lift and compete even while not being as strong but I still love the challenge of competing.

I'm curious to know about your nutrition. It's well known that bodybuilders know how to manipulate their diet to achieve unbelievably low levels of body fat. How does your nutrition look prepping for a powerlifting meet compared to bodybuilding show?

Actually, most bodybuilders don't know how to manipulate their diets effectively, and this is one of the main reasons people hire me to coach them. I am an expert at designing effective and enjoyable meal plans that allow people to achieve their desired physique. When I am training for powerlifting, I simply eat more of the same foods that I eat while preparing for a bodybuilding competition. When dieting, my

calorie intake is around 3,000 calories. When I'm powerlifting it approaches 5000 calories. I eat very healthy year round, and I just eat more healthy food at different times of the year depending what my goals are.

Can you give us an example of your typical daily meal plan?

I eat about six to eight times a day. I eat a high protein, moderate carbohydrate and low fat diet that consists of a lot of fruit and vegetables, lower fat meat choices, protein powder and lots of dairy products. I have designed several unbelievable recipes that are not only healthy, but taste so good that I want to eat them all the time.

Do you think nutrition is as important for powerlifting as it is for bodybuilding, and do you think more powerlifters should pay more attention to their diets?

Powerlifters can get away with a lot more mistakes in nutrition than bodybuilders can. If a bodybuilder has even a small mistake in their diet they can lose a competition, whereas in powerlifting as long as you're eating enough it's hard to go wrong. The only time powerlifting nutrition becomes as important as in bodybuilding is when trying to make weight to lift in a lighter weights class.

When your dieting is so strict, do you have crazy carb dreams, hallucinate or have to wear a bib when you drive by a burger joint because you start drooling uncontrollably? I have absolutely no cravings when I diet because I enjoy every single meal I eat. I have personally designed my own diet and the diets of dozens of other athletes, and because my meal plan is so delicious it's actually not that difficult. When my diet is over, I don't even want to change how I eat. I just want



to eat more of the same "diet" foods.

Do you work with training partners or coaches to prepare for events? I train alone most of the time, and I have done so much research and have so much experience that my best coach is myself because nobody knows my body better than I do.

Do you follow any particular training protocol for preparing for powerlifting event? Over the years I have learned not to over-train leading up to a meet. I used to train too much and peak too early. For my last two meets I deadlifted less often and took more time to recover and be fresh for the meet, and it really paid off. I used to always lift more in the gym than at the meet, whereas now I sometimes lift more at the meet than I have in the gym.

How does your training change when you have to focus more

on aesthetics than strength? When preparing for a powerlifting competition, I simply lower the repetitions as the competition gets closer. When I train for bodybuilding I do the exact same training, only my rep range is higher.

Can you give us a sample of a typical training week?

On back day I do sumo deads from 15, 12, 10, eight on warm-ups, then one max rep set somewhere in the 600 to 675 range, depending on how close to a meet it is. I then do one set of conventional deads with 90 lbs. less than I used for sumo. If I'm sore, I skip the sumo and I do band assisted conventional deadlift with about the same weight as I use for sumo. If I'm feeling over-trained, I'll skip deads altogether and jump into the

next part of the workout, which is several sets of pull-downs followed by several sets of seated rows followed by T-bar rows and some seratus exercises, and that's it. I usually do 18 to 20 sets total on back day, including my warm up sets.

On chest day I do 135 for 20, 225 for 15, 285 for 12 and 355 for eight. Then I'll do a max set with 400 to 500-plus, depending on how close to a meet it is. I always pause the weight now to avoid injury, and after this I'll do three to five sets of bench press with the SlingShot, followed by three sets of hammer strength and three sets on the pec-dec.

On leg day (when not injured), I do squats with 135, 225, 315, 405 and then a max-rep set with 455 to 545, depending on how close I am to a meet. After this I do three to five sets of band assisted squats. I follow this

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up with either five sets of leg press or five sets of the v-squat machine, and then three sets of leg extensions. I don't even do hamstrings anymore, as they are one of my strongest body parts and are always sore from squats. No reason to over-train them.

Your raw bench press is really impressive for a guy who competes in a lighter weight division. What did you work on in the gym to get such an impressive bench at such a light bodyweight? I owe my big bench to 27 years of focused training. Once I hit the age of 13, all the older teenagers and adults would always ask me how much I could bench, once they found out that I worked out. I was doing around 230 at the time, and they would not believe I could lift that much because I was so small and young. Once I showed them I could do it, they would encourage me to keep going. That motivated me to be a strong bencher.

The local gym held an annual bench press contest. I entered each year, and that motivated me to train bench even more. I used to bench five times a week back then, and improved consistently. It was not until age 22 that I discovered the sport of powerlifting. A few weeks before the powerlifting meet I started practicing deadlifts and squats below parallel. I believe that my bench is good because of how many years I put into it. It's not something that happens overnight, without a lot of dedication and hard work.

As far as peaking on the bench for a meet goes, I find that its more important to focus on triceps strength and so the SlingShot helps me use more weight for the desired reps and worked my lockout that much more.

Do you ever incorporate accommodating resistance bands or chains in your training? I use bands all the time for squats and deadlifts but I never use chains. For the bench

press I often use the SlingShot.

What is your favorite lift and why? My favorite lift is always the one that is improving. If my deadlifts are going up the most, then deadlifts become my favorite. If I am setting PRs on bench, then that becomes my favorite. The most satisfying thing about lifting is personal improvement. It does not matter if I lift more than someone else so long as I am able to lift more than I could in the past.

If there were anything you could do to improve your lifts, what would they be? If there were anything I could do to improve my lifts I'd be doing them already! Seriously, though the only thing holding me back is injuries. If I can get three months of solid training without getting hurt I am positive I can lift way more than I have in the past. Hopefully after my hip heals I be lifting at 100 percent, and in that case I expect some huge totals.

What would your advice be for anyone entering the bodybuilding or powerlifting game? I would recommend that they first compete raw without any gear for at least a meet or two, and keep training the raw lift even once they start using the gear. Too many lifters rely on the gear to get big lifts, but if you do the math; big raw lifts + gear = really huge equipped lifts. Without the raw strength to back you up, the gear can only get you so far.

I recommend that they hire a

coach or train with other lifters, and never stop asking questions. You can never learn too much and the more effort, commitment and dedication you put into lifting the more you will get out of it.

What are your goals for the immediate and distant future? My immediate goal is to fully rehabilitate my hip. I am not allowed to lift, but I am 100 percent committed to doing everything in my power to getting my body healed and lifting at 100 percent again. Once I am fully healed, my goals are to set PRs and try to be the best 198 lifter of all time.

What do you do in your spare time when you aren't training or preparing for a competition? I'm always training or preparing for competition. There is no "off season" for me. I am always focused on improving. In my spare time I am very busy training other clients and helping other athletes achieve their health and fitness goals. When I'm not working I enjoy going to the movies, watching TV, reading and researching new studies on diet, training and supplements.

What drives you? I am driven most by personal improvement. I am just as excited setting a personal record in the gym as I am setting a personal record in a meet. I still enjoy setting records, but personal records to me are just as important if not more important than trying to beat others.

Is there anyone you'd like to thank? I'd like to thank all the people who message me to tell me they like watching my YouTube and Facebook videos, or that I have made a difference in their life and training. I'd also like to thank my clients for believing in me and putting their faith in my knowledge and training programs and trusting me to be there for them when they need me the most.

Thanks for taking the time to interview me. Good luck to everyone in their quest to achieve their goals. **PM**