

INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

CARRIE BOUDREAU interviewed for Powerlifting USA by Bruce Citerman



Carrie Boudreau competing at the 1993 World Meet held in Sweden

BC: How old are you?
CB: Even though I do not look much older than 18, I am 27 years old.

BC: What do you do for a living?
CB: I am presently a personal trainer at World Gym, Portland, ME, and I am a full time student at the University of Southern Maine (U.S.M.) I am majoring in Biology, and am a senior in this program. I am also a Certified Surgical Technologist, but I am not currently working in a medical environment.

BC: What is your athletic background?
CB: I have a seemingly endless athletic background. I will just cover the highlights: I played Field Hockey for 8 years. I was a member of the Triple-C (Cumberland County Conference) All Star team; a member of the All-State Field Hockey Team; and most improved player on my college field hockey team for two years. I was also a member of the U.S.M. Eastern Coast Athletic Conference Championship team in 1986.

I played basketball for 5 years. I was a member of the cross country ski team for one year. I placed tenth at my first regional meet. I was a member of the track & field team for six years. I held several school records. I ran the 100m, 200m, and 4 X 100m relay. I also was a successful long & triple jumper. Other sports I participated in include: gymnastics, soccer, volleyball, water skiing and indoor track.

BC: How did you get into lifting weights?
CB: I started weightlifting when I was twenty. I had moved to Texas, was lost and bored with my field hockey team (very few people in Texas knew what field hockey was) and I was intrigued by the sculpted muscular bodies of the women on a Muscle & Fitness magazine I saw in the grocery store. Then I met a powerlifter (Buc Henry) who agreed to teach me about weightlifting. I must have had muscular shape to start with, because I was constantly lifting weights. I was instantly asked if I had trained with weights.

BC: What contests have you entered and what have been the results?
CB: 1994 - U.S.P.F. NATIONAL CHAMPIONSHIPS, TX. 1st place 56K class, lightweight overall winner.

ailed in the Master lifting category. Best Lifter Award. 3 State Records.

My first competitions were in bodybuilding. In 1988, I won the Ms. Camp Lejeune Contest in Camp Lejeune, N.C. In 1989, I won my first NPC contest at the Carolina Gold Coast Classic in Myrtle Beach, S.C. I won the overall title in both competitions.

I have not competed in Olympic Lifting yet, but I got a great opportunity for it I would.

BC: You just won the Nationals? What were your routines for the squat, bench press, and deadlift?
CB: My squat, bench, and deadlift routines are very basic. They are 8-12 week cycles. This year I was recovering from a broken rib which extended my preparation to the 12 week range. I started with 2-3 weeks of 3 sets x 10 reps x 50%-60% of my 1RM. I then completed four weeks of 3 x 8.

The last week of eight (3x8s) is 2 x 8 with my best set of eight (usually exceeding the previous training cycles best by five pounds). Following the 8-5 weeks of eight, is 4-5 weeks of 3 x 5. I begin my lifts with 10-15 pounds more than my last set of eight. Again, I end with a best set of eight (5-10 pounds more than the previous training cycle). Finally, I end with 1-2 weeks of triples. I do not perform any fewer reps than triples anymore, because I do not recuperate well from them. This philosophy was confirmed at Nationals. It was the only lift I performed doubles and singles in at the gym, and it was the only lift that I peaked in before the competition. My workouts are very basic. I only do 12-15 sets with major muscle groups, and 6-9 sets with minor/assistant muscle groups. All my assistance work is eliminated from my workouts three weeks prior to the competition. My squat program was based on a routine written by Kirkowski. My bench press and deadlift routines were created from my own experience with a variety of routines. My lifting schedule is Monday - rest, Tuesday - squat at Gilly's gym, Wednesday (one and a half hours from my house); Wednesday - light chest & shoulder; Thursday - rest, Friday - Deadlift; Saturday - rest or upper back; Sunday - heavy bench press

1990 - EAST COAST NOV. CHAMPIONSHIPS
ICE CHAMPIONSHIPS
Whitman, MA. East Coast Champion. 1st place 56K class. Total.

1992 - U.S.P.F. NATIONAL CHAMPIONSHIPS, NC. National Champion of 56K class. National Meet Record Deadlift of 446 LBS. Selected as 1993 U.S.A. World Team Member. I.P.F. WORLD CHAMPIONSHIPS Ghent, Belgium. Second Place 56K class. 1991 - U.S.P.F. NATIONAL CHAMPIONSHIPS Dallas, TX. National Champion of 56K class. Selected as 1992 U.S.A. World Team Member. I.P.F. WORLD CHAMPIONSHIPS New Delhi, India. World Champion. First middle weight division. Best Lifter Overall. Squat (407), Bench Press (225), Deadlift (429), Total (1063). U.S.P.F. NATIONAL CHAMPIONSHIPS, NC. Champion of Champions; World Record Deadlift; World Record Total. Nine times Bodyweight. First Place Team, World's Strongest Women. MAINE STATE Champion; 5 Maine State records 56K class. Best Lifter Award.

1992 - U.S.P.F. NATIONAL CHAMPIONSHIPS, TX. 1st place 56K class, lightweight overall winner.

& triceps. I work abdominals three days/week and calves once or twice/week.

BC: What vitamins or supplements do you take?
CB: Strength Systems Amino Acids, Chromium Picolinate, Vanadyl Sulfate, Multi Vitamin & Minerals, Allalfa, Vitamin C, Calcium, Magnesium, and Zinc. I also use BRANDX carbohydrate powder mixed with CYTOMAX for long workouts. I supplement my meals with Diet Fuel, Met-RX, and/or 100% Whey Protein. Ben & Jerry's frozen yogurt is the finishing touch every Tuesday night.

BC: What do you compete in the U.S.P.F.?
CB: I compete in the U.S.P.F. because of the I.P.F. affiliation. If powerlifting is ever accepted into the Olympics, I would like a chance for an Olympic Medal. I also enjoy the quality and competitive lifting both at National and World Meets. The number of participating lifters and their countries is presently higher in the I.P.F. than in any other federation. When I won my weight class in Sweden in 1993, I was competing against 17-19 other women in the same class. Winning over that many competitors and knowing that 70 countries

were represented, really means a lot.

BC: What are your plans and commitments about Powerlifting?
CB: I would like to find sponsors for my competitions so I may continue to compete internationally, and at more than one or two meets per year. If I can find adequate sponsorship, I would like to try competitions in other federations as well.

I will continue to powerlift until I am physically unable or am too poor to afford the gym dues. My goals for 1995 are to Deadlift 500 lbs. at 123 lbs. bodyweight, and to get the squat and bench press world records in the 123 lb. class.

I think powerlifting deserves more media attention. I have a lot of friends and relatives who are anxious to see me on T.V., and are shocked when I tell them a National or World Championship is not televised. If the public was more educated and involved in our sport, it would be more popular and the athletes would get the respect they deserve.

I'm forming a 35+ year old Women's Team at World Gym to get more people involved in the sport. I hope that all powerlifters who love the sport teach others about it's great benefits.

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