

Sergei Liakhovich Back In The Heavyweight Mix, With Cardinale And Duva

Written by The Sweet Science
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Sergei Liakhovich is training to take on Johnnie White in a 10 round heavyweight bout on the April 9th Adamek vs. McBride card at Newark's Prudential Center. "White Wolf" took time out to talk about his training and future plans.

On physical fitness/training: "I am in great shape, I am ready to go, I can't wait to get in the ring."

On his training regimen as the fight gets closer: "I'm working on speed and running. Usually running in morning and afternoon boxing workout or sparring. Right now just boxing and roadwork, especially two weeks before the fight."

On Kenny Weldon and Tommy Brooks: "I have two great trainers who work with me". "In the boxing world he (Tommy Brooks) is one of the best fundamental guys, we're working right now on little things. "

"I am very glad to have Kenny Weldon as my trainer again. Kenny is a great Professor of Boxing. He is great at polishing my skills and making it interesting and challenging."

"I learn from Kenny a lot, and Tommy is a great trainer too, he motivates me and pushes me to the limit. They are both equal."

On upcoming fight against Johnnie White: "He is tough guy; we will see what he can do."
"I can use everything that I have and everybody will see what I'm able to do in the ring"

On being able to use footwork, boxing ability, defense, and movement to his advantage: "Yes

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absolutely, everybody knows me with my footwork. This is what I didn't use in my last fight, but everything came back to me, my muscle memory. I can do so many things using my feet"

On Main Events: "Tony Cardinale is my attorney and advisor right now, we decide to do this because I saw what she (Kathy Duva) did with her fighters. They are on top right now and this is why we decided to sign with Main Events."

Where do you see Main Events taking your career: "Fight for the title again."

History of getting into boxing:"I train all my life. I start when I was twelve, but before that I did three years in wrestling, one year Greco Roman, two years freestyle. My father brought me to boxing, we watch Olympic Games in 1988 together and so I got interested in boxing."

On newborn son: "The best thing (son) that happened in my life. My son is 4 months. I am a happy father."

His parting comments: "Training camp is going great. I believe that no matter how long you are in this sport, when you stop learning you should stop fighting. I could not ask for a better team right now. I am looking forward to April 9th!"

Liakhovich Training Camp Video:

<http://www.youtube.com/watch?v=2LLwvCwVKfl>

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Robert Curtis says:

Today's heavies - file under: Too short, too slow and too lame for football. Which McBride is this? You mean the clueless, clonus colossus who fell on Tyson for six or seven rounds back in 2005?