

Camp Update From Gennady Golovkin

Written by The Sweet Science
Tuesday, 24 June 2014 07:20



WORLD MIDDLEWEIGHT CHAMPIONSHIP

“GGG” VS. GEALE

GENNADY “GGG” GOLOVKIN TRAINING

CAMP QUOTES

Big Bear, CA (June 23, 2014) WBA/IBO Middleweight World Champion **GENNADY “GGG” GOLOVKIN** is currently entrenched at his training camp in Big Bear, California with noted trainer **ABEL SANCHEZ** preparing for his *11th world title defense* against **DANIEL GEALE** for the **“G4”** event on **Saturday, July 26** at New York City’s famed **Madison Square Garden**

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and

Live on

HBO World Championship Boxing

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beginning at 9:30 p.m. ET/PT.

Having started training in late May, Golovkin will be fully prepared when he heads to the East Coast for fight week.

“This is a longer camp than normal but I haven’t fought since February 1 (KO7 – Osumanu Adama), it feels great to be back with Abel and the team,” said Golovkin. “Daniel Geale is a former world champion and this is the toughest fight of my career.”

“It took me a couple days when I got to camp to get comfortable but now camp is going well and I look forward to returning to Madison Square Garden.”

On Saturday night, Golovkin headed to the **StubHub Center** in Carson, California with his team to take in the **World Championship Boxing** card.

Owner of **The Summit High Altitude Training Center** in Big Bear, CA, Sanchez, who has trained Golovkin since June 2010, spoke about this training camp and their preparation for the Daniel Geale fight.

“This Saturday night was a nice break, Gennady is a boxing fan and wanted to take in the fights from ringside instead of watching from camp. The fans love him and he enjoys signing autographs and taking pictures with them.”

Speaking specifically about Geale, Sanchez stated, “Geale boxes a little more, we’ve been very confident of the past opponents running away but we don’t anticipate that from him. Hopefully he will bring out the very best of Gennady. The better he is, the better it will be for Gennady to

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perform.”

“Geale is more accomplished, he’s a two-time world champion and he’s the most experienced boxer at the top level that we’ve fought. He’s got the most to gain and is on the cusp of being a world champion again. “

Regarding the specifics of Golovkin’s training, Sanchez continued, “On Monday, Wednesday and Friday we meet at the gym at 7:00 a.m. and run five miles per day. That’s followed by a gym session starting at 1:00 p.m. On Tuesday and Thursday’s we’ll do sprints instead of our morning run.”

About Golovkin’s diet, Sanchez said, “Not really a particular diet, no sugars, fats or sodas. Just a balanced diet, Gennady eats pretty much what he wants but he’s very smart about what he eats in camp.”

“The great Emanuel Steward said it best. Keep it as simple as possible for the fighter. It should not be a dramatic change as they get to another level.”

Advance tickets for “**G4**”, priced at \$500, \$300, \$200, \$100, \$50 and \$25 can be purchased at the Madison Square Garden Box Office, all Ticketmaster outlets, Ticketmaster charge by phone [\(866-858-0008\)](tel:866-858-0008)

) and online at

www.ticketmaster.com

and

www.thegarden.com

GOLOVKIN VS. GEALE is presented by **K2 Promotions** and **GGG Promotions** in association with **Gary Shaw Productions** and **Grange Old School Boxing**.

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brownsugar says:

Geale can move....he's very mobile and will probably extend GGG until the later rounds. This fight will be fought at a brisk pace while it lasts...Geale will give it a hundred percent. His stock will probably rise in a losing effort that will validate his credibility.

Yes... He will lose... Possibly by KO. But he'll be a proverbial "made" man after the fight. A good effort against GGG can have that effect.

The Commish says:

GGG is one of the champions you just have a hard time picking against. Daniel Geale is an amazingly-gifted athlete who just may give GGG his toughest outing, though.

Geale is a wicked body-puncher. Against Darren Barker, Geale dropped him at the end of the sixth round with a wicked left hook to the solar plexus. Barker just beat the count and was able to make it back to his corner. From there, the fight was a war, with Barker pulling out a split decision win for the IBF Middleweight Title.

GGG's power is becoming legendary. He has knocked out or stopped his last 16 consecutive opponents. On top of that, he is deceptively fast in his defensive maneuvers and is a brutal counter-puncher. It's that trio of tight defense, great boxing ability and inhuman power which makes GGG so unbeatable.

I look forward to being ringside at MSG on July 26.

GGG by 11th round TKO.

-Randy G.