



BOX

CLEVER

HEAVYWEIGHT BOXING CHAMP, FITNESS FANATIC AND ALL-ROUND NICE GUY – DAVID HAYE'S MADE A CAREER OUT OF PUTTING A SMILE ON PEOPLE'S FACES. AND DESPITE A SUCCESSION OF INJURIES, THE 33-YEAR-OLD IS NOT HOLDING BACK ANY OF HIS FITNESS AMBITIONS, AS HE TELLS JACK ROSS

THE HAYEMAKER

Let's get straight to the crunch, David. What everybody wants to know is how to do a Hayemaker...

"The Hayemaker is all about explosive movements. Anybody can build up their explosive power, you just need to eat healthy, train hard and train explosively. Think about this, too – you are what you eat, and you do in life what you do in the gym. So if you're doing a slow jog in the gym, you are going to be a slow, methodical person. If you just explode into some big squats with some really heavy weights, you're going to be explosive when you fight. I have always trained very heavy, very hard and very fast. Everything I do is very fast. When people go the gym, everybody wants a nice slow movement and control. I've never been like that. I have never been like that, I have always been banging and crashing the weights around. My body seems to have worked well that way. Not everybody is designed for that. Not everybody is an explosive athlete. But by doing what I do, you can improve your power and your speed."

What's the best piece of advice for people starting out in boxing?

"Pretty much what you would expect – namely, that you have to dedicate every last ounce of blood, sweat and thirst if you want to succeed. Boxing is unlike any other sport. If you fail in another sport you pack your bags, go off and do something else. But in boxing you're putting your life on the line, so never go into any of it half-heartedly. That's probably the best and most serious piece of advice I can give. Boxing is superb because it teaches you how to look after yourself, but you can never be caught off guard, because it will hurt!"

NUTRITION

What is your general diet like?

"I consume a lot of food. I eat a lot of fresh vegetables. Like I said, you are what you eat. I eat a lot of beans, a lot of lentils, a lot of brown rice and all as organic as possible. You can't eat everything organic, that's not possible, it's not practical, but I try to prepare as much food at home as possible. I'm not running into the petrol station trying to get a quick fix, because you're not going to find anything in there of substance. So I try to prepare as much food as possible and make sure that it isn't processed."

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I GUESS YOU MIGHT SAY I LIVE A BIT LIKE A CAVEMAN WOULD – LIVING OFF THE LAND!



What is so bad about processed food?

"If a human hand has trounced it and affected it, chances are the nutrients and minerals are not going to be there, or they'll be very much reduced. So I try to eat as much raw stuff as possible and cook as little as possible. I guess you might say I live a bit like a caveman would – living off the land!"

Does it vary when you're training?

"Yes it does, and when I'm training and getting into fight mode the only thing I really eat is egg whites. I will eat 24 egg whites a day, split into four meals a day, eating six at a time. I just stick them all in a glass and swallow them! I'll also eat some sardines."

What about supplements?

"I take a lot of vitamin C and antioxidants because when I'm training hard my immune system takes a kicking. And I take muscle-building creatine supplements during strength training."

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TRAINING

What type of equipment do you use in your gym?

"If you look around the gym, there is nothing here that is super hi-tech. You've got weights, you've got a squat rack, you've got the Versaclimber, the arm crank, so it's an old-school workout. But you can get a great session. You don't need to have the most advanced, state-of-the-art equipment on the planet to achieve a good workout. There is a mat there, I could give you a good body workout that would kill you! You don't have to have the latest equipment, but it doesn't hurt if you know how to use it well."

What was your training regime like ahead of a big fight?

"I did the same training regime throughout my career. A bit of Versaclimber, pad work, circuits, skipping, just the basic boxing workout to get a good training session."

What would a weights session entail?

"Working on strength, so you do fewer reps with heavier weights. And it would include a bench press at about 145kg, squats at 180kg and chin-ups while wearing a 45kg weight. I'd do two of those a day two days running, then have a day off."

What about gym work?

"That is mainly bag work and work with the medicine ball. My trainer Adam Booth just smashes a medicine ball on my stomach while I lie on the mat."

That sounds painful!

"It is! But you need to get used to getting hit in the stomach. I get hit 60 times with the ball, then 60 with a boxing glove and 60 with a bare fist. It conditions you to take blows to the body. I do clap press-ups too, as many as I can in 60 seconds. It mimics the punch action and is great for power endurance."

What will cardio training involve?

"About six weeks out from the fight I will do 50-minute runs. As it gets closer the runs get shorter and I end up doing intervals."

BOXING & THE FUTURE

At the moment you're training people at your gym... do you take pleasure from that? Can it replace the highs of the ring?

"There is no way it can replace the highs of the ring, but it is exciting. Everybody has come down here and everybody is in the same boat. I am obviously the best at what I do and there are guys here looking for that little edge, looking for that extra 10-15% that will give them that edge in a fight."

"They're absorbing all of the knowledge, training hard, giving it everything that they've got, and it is fun... it is fun to see these guys come and box. Even people who have never boxed before, they come here and I teach them the basics. And I actually enjoy that. I enjoy teaching somebody who has never boxed before how to throw a Hayemaker, and at the end of the day they know how to throw a good hard punch and they walk away from here with a skill. And it's self-defence, you never know when you are going to have to pull a Haymaker out of the bag. They know they have that in their armoury, and they can walk down the street a little bit more confidently, maybe."

I GET HIT 60 TIMES WITH THE BALL, THEN 60 WITH A BOXING GLOVE AND 60 WITH A BARE FIST

Are you excited about the Froch-Groves rematch?

"Froch and Groves 2 is the fight of the year, it is the one that everybody is losing their mind over! I was there at the first fight working for Sky Sports and it was a great fight - 20,000 people at Manchester Arena going bananas."

"The decision of the referee to stop the fight raised a lot of eyebrows, which is why this fight is happening again and rightly it is now in a bigger venue [Wembley Stadium]. You can fit 90,000 people in there and if ever there was a fight that should be there, it is this one. I know both guys very well - both lovely guys and they are both going to put it on the line and give people their money's worth."

Finally, what is next for David Haye?

"Over the next few years it all depends on how my shoulder recovers. I can't really say I will be back next year, but I'll keep myself busy, pass on my knowledge to the young people who come to my gym and enjoy myself really, have some fun. I'll go travelling and enjoy life."