



Keith Thurman Quotes from Camp

What is different in this training camp?

“This training camp we started strength training earlier; fighters have to focus on cardio at the end of their camps and lay off the weights. But we wanted to establish power early in the camp and we were able to do just that.

The diet is always a focus. In our Pacquiao camp it was real strict from the beginning as I had a big demand on my body to pull off 35 pounds prior to the fight. For this camp we started at a 25 lb marker and while diet was important, the pull and taxation on my body has been gentler. My dedication to my diet has been tremendous and I’m seeing the benefits even at four weeks prior to fight date.”

What delayed your return to the ring post 2019 surgery?

“I wanted to get back into the ring in 2020 but I was in a pickle. I was offered a get-back fight in-studio with no fans.

“Coming off the Pacquiao fight, it just didn’t excite me to come back without fans. I love my fans. I love the sport of boxing. I could have done it for the activity, and perhaps, in retrospect, it would have been good just to be in the ring. But while the activity would have been good the excitement wasn’t appealing. I was financially stable, I didn’t need the money and I have a desire to make meaningful performances and meaningful fights in the welterweight division. 2022 has presented more opportunities to me and my career; at 33 I’m young, willing, and able, and it’s time to get back.”

How is your mindset different in 2022 vs 2019 when we last saw you in the ring?

“There was so much going on in the camp for the Pacquaio fight. I knew I was competing with a deficit in my left hand. My wife had just come to the U.S. after the Josesito fight, and she had just left her family. I had to move and pick a new living location. So much was happening at one time.

“My wife and I are now settled in, we’ve had lots of time, and my overall mental state is more relaxed and less strenuous than 2019. So, the skills I’ve always been truly capable of as a fighter,

the skills I showcased in the Pacquiao fight, I fell short of – I didn't show them to the judges as I lost that fight by one point. That was an experience.

"It solidified and reminded me that in boxing, it is just as important to need the judges in the fight when the fight is not going to end in a KO. "

Why did you say yes to Mario Barrios:

"Mario Barrios had the best record out of the small handful of fighters presented to me. He had an exciting performance against Tank Davis and it just seemed like it'd be a great challenge for the both of us. Two fighters who are exciting in the world of boxing, talented, coming off their first career losses. It might not sound exciting at first, but if you understand what it is to have a competitive mindset, you know both of us will demand greatness out of ourselves. Some fighters after their losses rise up and demand more - focus harder, train harder, fix some technical skills that were lacking - offense or defense, strength issues. We saw it with Canelo Alvarez after he lost to Floyd Money Mayweather. Not because he was Canelo but that loss made him rise and show that he was more than a puncher - not because of the slickness of who he is, but because he has more than he showed prior to his loss.

"I'm not less-than after my loss; I'll show greater skills to the fans after fighting Mario Barrios than I did after Manny Pacquaio. "

What can fans look forward to in the fight

"Fans are going to see a world-class performance from two world-class fighters who want to make a statement in the welterweight division. Mario wants to come in and solidify himself as a name to be recognized in the 147 division, so he can take on all challengers should he surpass Keith Thurman.

"I'm here to perform. I can't say Mario Barrios is the greatest opponent, but, put in front of me, he must show that on fight night. With all the fights I have had, I think this will match all the performances I've given, and test me. It is going to give the doubters the true speculation of who is Keith Thurman? What does he have to offer?

"I'm going to show all that I have to offer on February 5."

What do you have in your sights for 2022?

"I want my world titles back. This is the first step to putting myself back in championship contention.

"I see the welterweight division like a horse race. Everybody is running full-speed trying to get to the finish line - and the finish line is where you are crowned King of the division.

"We have great fighters, great champions, but there hasn't been a King since the disappearance of Floyd "Money" Mayweather. Young, hungry fighters who have had ups and downs - Ugas holding a solid champion position. Terence Crawford, Earl Spence, Shawn Porter - who just fell

out of the race. Keith Thurman is still in the mix, running behind those in the front - the current Champions - but I'm the type of horse that once it hits the curve, they'll know i'm right on their tail. With the right speed, determination and momentum, I have the skills to once again rise to the top and reclaim my #1 spot in the Welter Weight Divison.

"It's my time to rise. One Time, it's go time."