

[Updated] Thomas Hearn's Daily Routine in 2023

written by Shubham | November 2, 2022

Success is like a journey, not a destination. Success is what, where preparation and opportunity meet. One should keep working with dedication and have patience. Successful things take time to happen. Success is an outcome of the determination and execution of the plan. One should always keep practicing a skill and try to enhance his skills as much as he can. Once Bruce Lee has said that he can fight with a person knowing 100 skills, but he can't fight with a person who had practiced a single skill 100 times. If you can master a skill, then no one can beat you and you will get success definitely. Thomas Hearn is an American former professional boxer who competed from 1977 to 2006. During his tenure, he had achieved many recognition and awards. He is recognized as one of the best fighters of his era.

Thomas Hearn has practiced a lot and received the name and fame. This all is an outcome of his efforts, dedication, and practice. Today in this article, we will look at the daily routine of Thomas Hearn, the secret behind his success. We will also get familiar with some of his facts and achievements. At last, we will have an eye on the things that we can learn from him.



Thomas Hearn

That was the fight. I knew that I had done something that no man had been able to do to a champion.

Who is Thomas Hearns

- Thomas Hearns (born October 18, 1958) is an American former professional boxer who competed from 1977 to 2006.
- Hearns's tall, slender build and oversized arms and shoulders allowed him to move up over fifty pounds in his career and become the first boxer in history to win world titles in five weight divisions: welterweight, light middleweight, middleweight, super middleweight and light heavyweight.
- Hearns was known as a devastating puncher throughout his career, even at cruiserweight, despite having climbed up five weight classes.
- He is ranked number 18 on The Ring's list of 100 greatest punchers of all time.

Nickname(s)	The HitmanMotor City Cobra
Weight(s)	Welterweight, Light middleweight, Middleweight, Super middleweight, Light heavyweight, Cruiserweight
Height	6 ft 1 in (185 cm)
Reach	78 in (198 cm)
Nationality	American
Born	October 18, 1958 (age 63) Grand Junction, Tennessee, U.S.
Stance	Orthodox

Morning of Thomas Hearns

- **Wakes up early in the morning**

Thomas Hearns wakes up early in the morning. He has an habit of waking up early since his childhood. He is up by 6 a.m.

- **Jogging**

After freshing up, Thomas Hearns has a jogging session. He always keep his body in shape, and jogs daily to be fit. This also provides him strength and stamina.

- **Shower**

After some roadworks, warmups and stretching exercises, Thomas Hearns takes a shower. After taking shower he takes a short morning nap.

- **Breakfast time**

After waking up, he feels relaxed and then haves his breakfast, His breakfast is and diet is managed by his trainer Emanuel Steward. He takes a rich diet of proteins and carbohydrates. A typical breakfast menu includes veal chops or chicken, salad, oatmeal, pancakes and eggs.

Afternoon of Thomas Hearn

- **Workout session**

At around 2 p.m. Thomas Hearn gets to his gym for workout. He is best puncher of his era and that's what he practices. He always tries to enhance his skills. His workout includes six to eight rounds of sparring. Steward has the challenger working four-minute rounds with only 30-second rest periods against a stable of three, sometimes four, sparring partners a day.

- **Lunch time**

After grinding in gym, Thomas Hearn has his lunch, his diet is managed by his trainer and he only eats what his trainer suggests.

Evening of Thomas Hearn

- **Evening training**

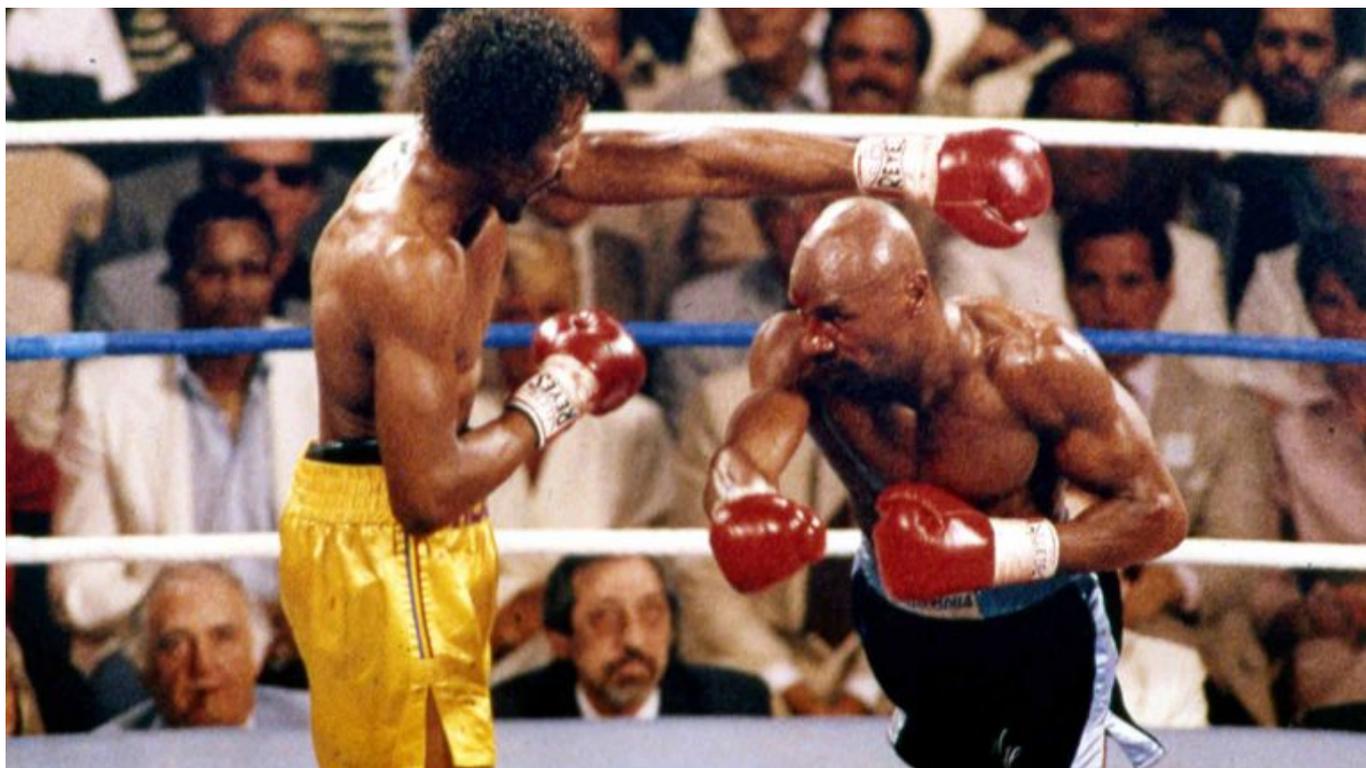
Thomas Hearn has divided her workout schedule in three parts. Evening training is the last part of his training, and he covers up his training routine in this part of the time.

- **Dinner time**

After finishing his tight workout schedule, Thomas Hearn has his dinner. In dinner he eats rich diet of proteins, carbohydrates and good fat.

- **Sleep schedule**

Thomas Henry is early to his bed, as he is an early riser, he sleeps on time to complete his hours of sleep. Next morning he wakes up and the cycle repeats.



Thomas Hearn's Net Worth

The loss just made me hungry; it made me want to go out and win another title.

Facts about Thomas Hearn

- Hearn ended his career in 2006 with a record of 61 wins (48 by knockout), five losses, and one draw.
- He was inducted into the International Boxing Hall of Fame in 2012.
- He has an amateur record of 155 wins and eight losses.

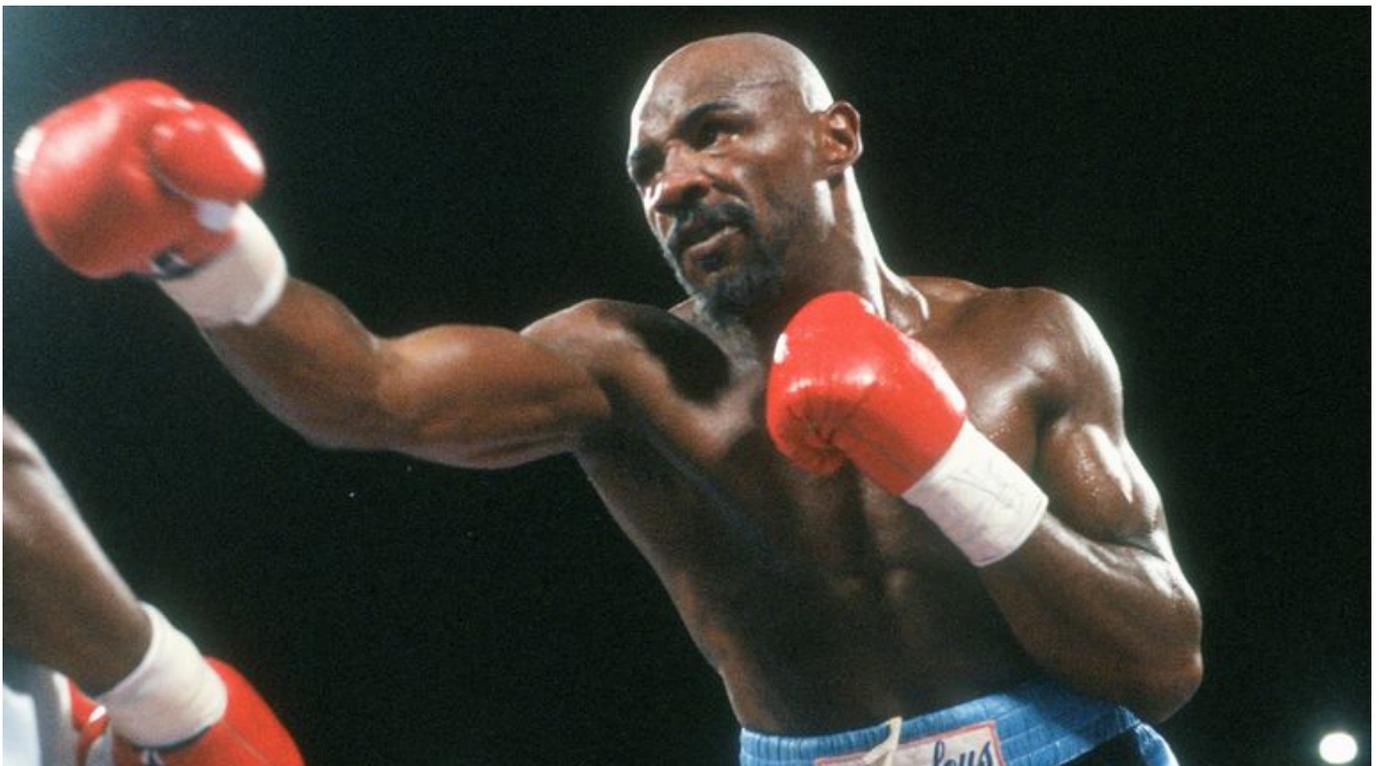
Achievements of Thomas Hearn

- Hearns was named Fighter of the Year by The Ring magazine and the Boxing Writers Association of America in 1980 and 1984; the latter following his knockout of Roberto Durán
- Hearns was known as a devastating puncher throughout his career, even at cruiserweight, despite having climbed up five weight classes.
- He is ranked number 18 on The Ring's list of 100 greatest punchers of all time.
- He currently ranks #78 in BoxRec ranking of the greatest pound for pound boxers of all time.

Some people are going to be happy with my decision, some people aren't...
But I must live my life.

Learning from Thomas Hearns

- Never let your enemy know what you are up to.
- If you want to succeed, just know you will have haters.
- Use your strengths to your advantage.
- Accept failure. Bounce back stronger.
- Be committed to what you do.



Thomas Hearns workout schedule