



MAKING MOVES: OCEAN LEWIS

THE ATHLETE, FOOTBALLER AND MODEL ON CHANGING LANES IN SPORT AND LIFE

ATHLETICS IS A GOOD RELEASE, FOOTBALL'S FUN, MODELLING PAYS WELL AND DRAWING IS MY CREATIVE OUTLET

Which came first, track running or football?

'Football, when I was six. I played for West Ham, Millwall and went to England camps. Track came aged 14. One sports day, there was only space left in the 200m race. I entered that and beasted it. For two years I was training six times a week, including football matches and athletics competitions.'

What changed?

'I didn't want to do [football professionally] anymore at 16, but I still play with Soho Warriors in Haggerston, on and off, as a winger. I'm a 200/100m sprinter now. I'll train four times a week at Mile End Stadium, then work will get in the way and my coach might not see me for two weeks.'

Why is doing sport important?

'If I don't do any, I get aggy and irritated. During track training I complain, but afterwards I feel content. I've transitioned away from wanting to be an Olympian in the last few years. I realised I like doing a bit of everything – athletics is a good release, football's fun, modelling pays well and drawing is my creative outlet.'

My drawings are...

'Quite dark and gothic, people usually double-take my work because they don't realise it's all dots. I use a fine liner and plain paper. I'm intrigued by death and its connotations – skulls, snakes, dead flowers. A complete contrast to my personality.'

What are your training essentials?

'Running spikes. In my bag are elastic bands for resistance, a hockey ball to roll out [muscle] knots, a skipping rope, a rain jacket, gloves and a bottle of water.'

How about your go-to exercises?

'My coach Christopher Zah gives me a circuit if I've been away. Twelve step-ups onto big blocks, 12 step-ups onto smaller blocks holding a weight, six on each leg. Then squat jumps, sit-ups, bar pull-ups and six 200m runs.'

Typical session soundtrack

'I don't listen to music [when training], but if I'm running in my own time, it has to be Drake, Lil Baby, upbeat stuff. Old Meek Mill and Summer Walker: *Session 32*, *Deep* or *Girls Need Love*.'

Which athletes inspire you?

'Dina Asher-Smith. I'd see her at competitions and we're still in contact. Footballers, it's always been Ronaldinho. People said I looked like him when I was younger – I had a big gap [in my teeth] and my hair slicked back. I like his quick feet and I used to free-style. My keepy-uppy record is, like, 500.'

Favourite football skill

'I used to do flip-flaps [a dribbling skill where you trick the defender into thinking you're moving in a different direction] a lot. Or I'd tap it past the player and then go get it.'

Most memorable moment

'When I tore my hamstring in 2016. I was in the final of the English Schools' Athletic Association competition in Birmingham, came round the bend and it was the worst pain I've ever been in. I should have been out for four months, but went back after two.'

Has modelling changed your relationship with your body?

'Doing sports, I've always been in shape and become more comfortable in my body. My thighs are thicker than standard-size models, but I can sprint really fast so I feel strong.'

What do you wear to train?

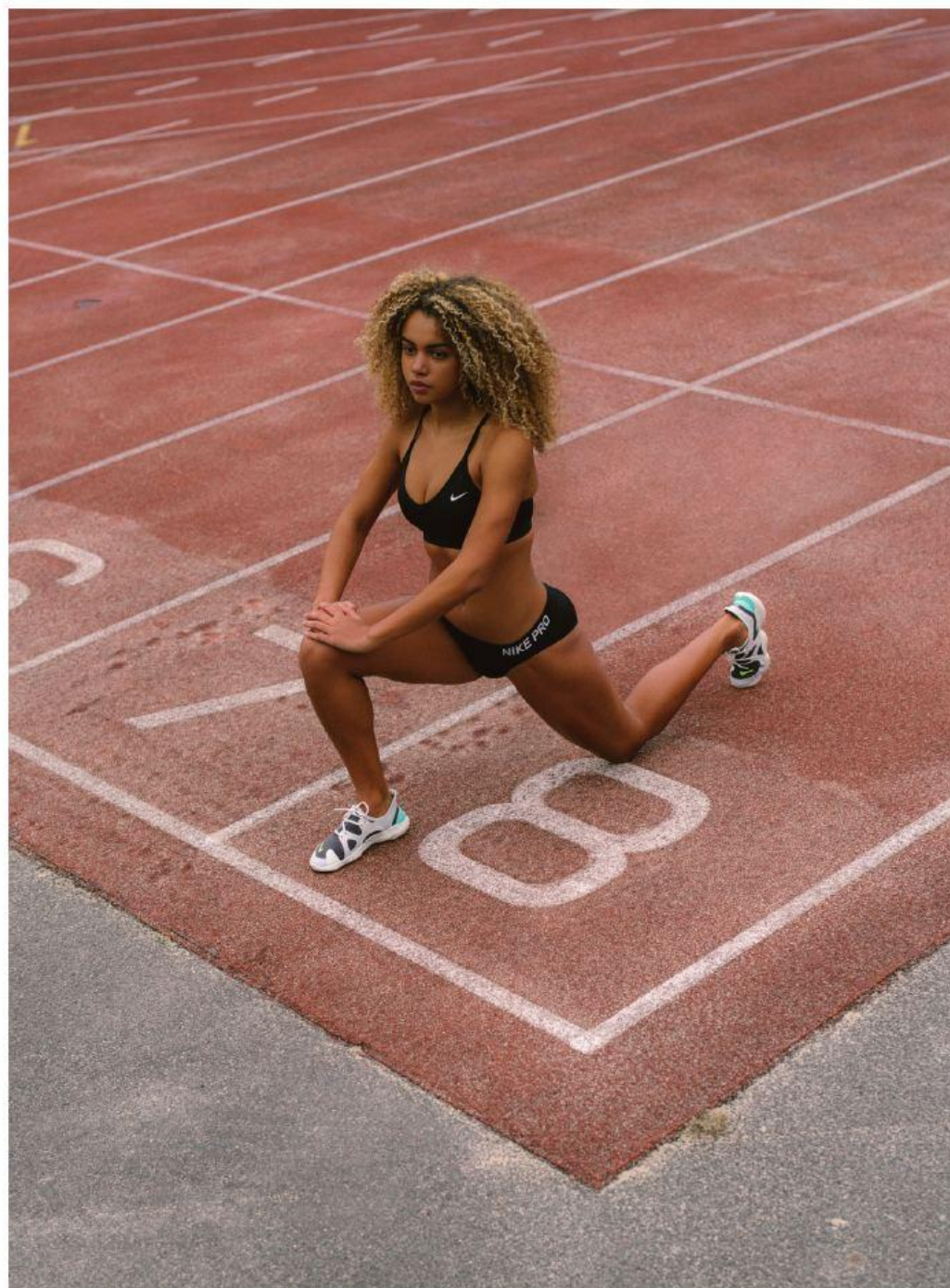
'Long, tight leggings to feel smoother, a T-shirt or long-sleeve top, a tight zip-up on top and Nike Zoom Superflys [for running track]. For football, socks, shorts, shin pads, something airy to be agile. I have big boobs, but you're sorted with a Nike sports bra.'

Tips for new runners

'Tag along with someone who runs track regularly. Join a club because you'll feel comfortable and make friends.' @oceanlewis



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p 30: NIKE AIR LILAC CROPPED LOGO SWEATSHIRT £55; ASOS DESIGN METALLIC WINDBREAKER JACKET £35; NIKE RUNNING ELEVATE SHORTS IN BLACK £35; TRAINERS [Ocean's own] p 31: ASOS 4505 FOOTBALL T-SHIRT IN ANIMAL £25 THIS PAGE: NIKE TRAINING PRO INDY BRA IN BLACK £27; NIKE TRAINING BUMP SHORTS IN BLACK £22; NIKE RUNNING FLEX TRAINERS IN BLUE £70 OPPOSITE: NIKE AIR LILAC BODYSUIT £40; ASOS DESIGN COLOURBLOCK ANORAK JACKET £40; NIKE PRO TRAINING 3 INCH SHORTS IN BLACK £22

