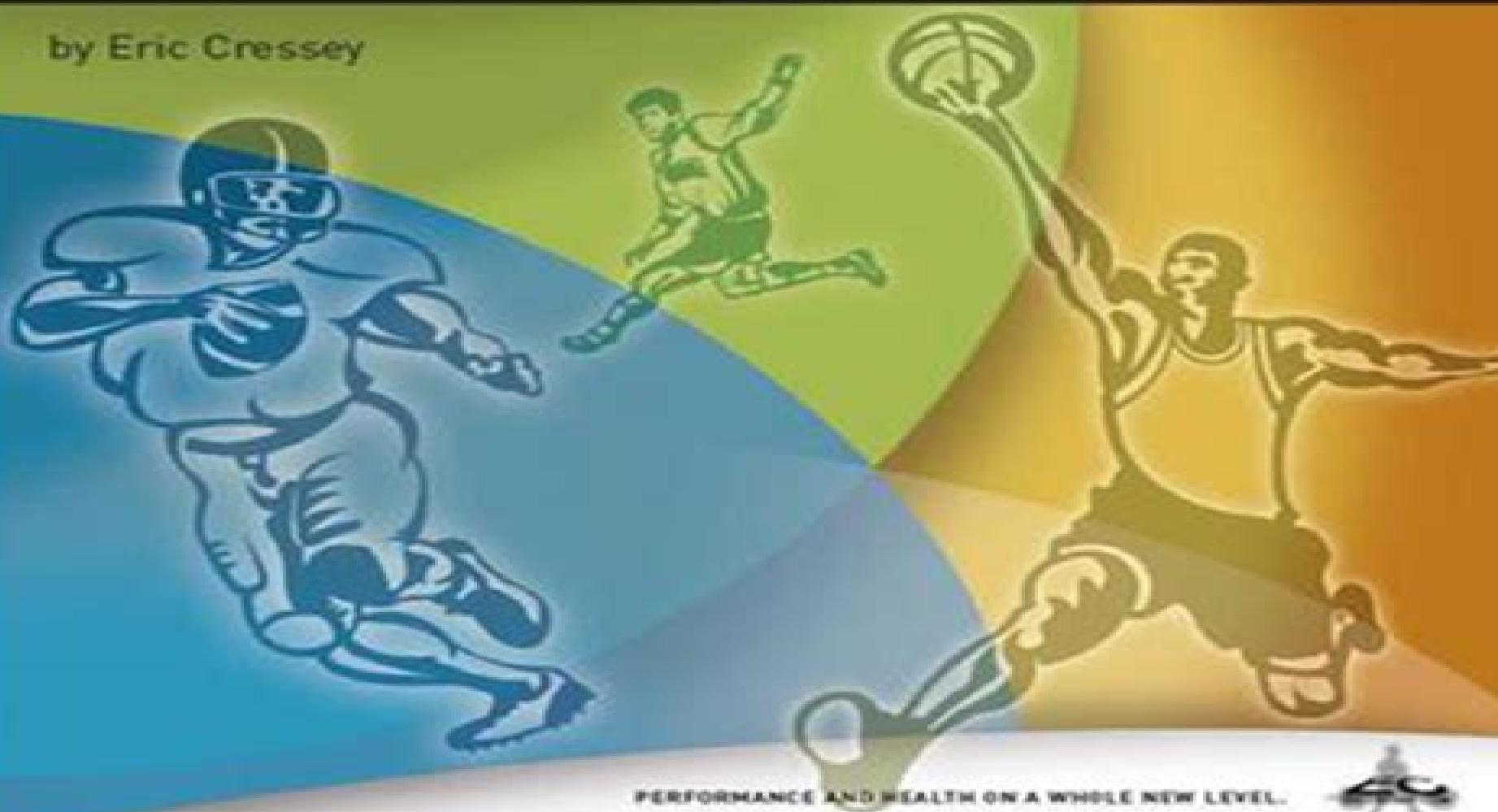


# THE ULTIMATE OFF-SEASON Training Manual

by Eric Cressey



PERFORMANCE AND HEALTH ON A WHOLE NEW LEVEL.



# The Ultimate Off Season Training Manual

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**A World Champion's Guide to Running the Beer Mile** Lewis Kent,2019-07-02 In June 2015 Lewis Kent was just an ordinary twenty one year old college kid who liked to run By December 2015 just six months later he had appeared in ESPN Buzzfeed Ellen and dozens of other major outlets Videos of him running went viral and he received daily calls from agents So why all the attention Simple He ran the Beer Mile and he ran it unbelievably fast The beer mile is a track or road race in which you chug a beer run a quarter mile chug another beer run another quarter mile chug run chug run four beers four laps no vomiting allowed Chug run repeat If it sounds difficult but really fun it s because it absolutely is The event first went viral in 2014 when the five minute barrier was broken Kent became the world champion and broke the world record in late 2015 with a time of 4 minutes 47 seconds just over a minute longer than the world record for the regular mile After that he became the world s first professional Beer Miler literally being paid for his superhuman ability to run fast and drink quickly Part memoir part how to manual A World Champion s Guide to Running the Beer Miles is for both serious athletes and recreational runners who love to run enjoy a drink and like the idea of a challenge

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