

Fitness routine

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Light core routine*	Swimming At least 20 laps Warm up 4 laps Training 8 sets of 2 laps at full speed pace, with 15 seconds of rest in between sets Cool down 2 laps	Rest	Road runs around the neighbourhood 5km – 8km	Light core routine*	Rest	Trail run at MacRitchie Reservoir 10km – 15km

NOTE: *Core routine consists of a minute of planking, glute bridges – where the hips are lifted off the floor by pushing through the floor with the heels, and lunges (three sets of each with a 20-second break in between).

Source: CAO YUE MING ST GRAPHICS