

# Fitness routine

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| <b>Monday</b>    | <ul style="list-style-type: none"><li>● 55-minute strength endurance run</li><li>● 400m relaxing swim</li><li>● Yoga class</li></ul>   |
| <b>Tuesday</b>   | <ul style="list-style-type: none"><li>● 45-minute speed run</li><li>● 400m relaxing swim</li><li>● Stability ball class at the gym</li></ul>   |
| <b>Wednesday</b> | <ul style="list-style-type: none"><li>● Rest or roller release class at the gym</li></ul>  |
| <b>Thursday</b>  | <ul style="list-style-type: none"><li>● 45-minute strength running</li><li>● 400m relaxing swim</li><li>● TRX class at the gym</li></ul>   |
| <b>Friday</b>    | <ul style="list-style-type: none"><li>● Roller release class</li><li>● Yoga class</li></ul>  |
| <b>Saturday</b>  | <ul style="list-style-type: none"><li>● 90-minute-long run interspersed with a 30-second set of exercises such as lunges or squats every 15 minutes</li><li>● 400m relaxing swim</li></ul> |
| <b>Sunday</b>    | <ul style="list-style-type: none"><li>● 30-minute recovery run</li><li>● 400m relaxing swim</li></ul>  |

NOTE: Her training increases in volume and intensity by the week as she is following a training plan.

Source: MARIE CHOO STRAITS TIMES GRAPHICS