

Fitness routine

Monday	Run of up to 10km or swim for at least half an hour
Tuesday	High-intensity interval workouts such as fartleks (fast running for 2 mins, jogging for 1 min, then repeat)
Wednesday	Run of 7km to 15km
Thursday	Track workouts including 400m runs
Friday	Run of 7km to 15km
Saturday	Track workouts, from 400m intervals to 1km intervals
Sunday	Long run of 25km to 35km

Source: EVAN CHEE STRAITS TIMES GRAPHICS