

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• Morning: 8km run at Woodlands Waterfront Park - 35 minutes</li><li>• Evening: Mile intervals at Co-Curricular Activities Branch (CCAB) Sports Hall - 1 hour 30 minutes</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• Morning: Running on grass at Admiralty Park - 30 minutes</li><li>• Evening: 20km run at Pandan Reservoir - 1 hour 30 minutes</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• Morning: Weightlifting in gym - 1 hour</li><li>• Evening: 14km run at Pandan Reservoir - 1 hour 30 minutes</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• Evening: 800m run intervals at CCAB Sports Hall - 1 hour 30 minutes</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• Morning: Cycling on stationary bike in gym - 45 minutes</li><li>• Evening: Long run on grass at Ngee Ann Polytechnic - 1 hour</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>• Morning: 10km run at Woodlands Stadium - 40 minutes</li><li>• Evening: Speed training and weights at CCAB Sports Hall - 2 hours</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• Morning: 25km run at MacRitchie or Gardens by the Bay - 1 hour 50 minutes</li></ul>