

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• Rest day from running</li><li>• Evening: Core workout (crunches, bird dogs, planking, press-ups), and cycling on exercise bike in home gym – 1 hour</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• Morning: 7km run around Ang Mo Kio – 32-34min</li><li>• Evening: 10-18km fast “threshold” run around Ang Mo Kio or Bishan Park</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• Evening: Track workout which includes 2.5km warm-up, Interval training (usually 10 x 400m, 6 x 1km or 4 x 2km) and 2.5km cool-down at Yio Chu Kang Stadium</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• Morning: 7km run around Ang Mo Kio – 32-34min</li><li>• Evening: 10km run around Bishan Park – 42-46min</li><li>• Core workout in home gym – 30min</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• Evening: 8-10km run around Ang Mo Kio – 40-50min</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>• Morning: 18-25km run, usually at MacRitchie Reservoir, Bishan Park or around Seletar area</li><li>• Swimming at Ang Mo Kio swimming pool – 30min</li><li>• Core workout in home gym – 30min</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• Morning: 15-30km run at Bishan Park, Sentosa or Seletar area</li><li>• Futsal training at Kovan Sports Centre – 2 hours</li></ul>