

Fitness routine

Monday	<ul style="list-style-type: none">• 50min 10km barefoot running on artificial grass• 1hr active recovery session
Tuesday	<ul style="list-style-type: none">• 1hr active recovery session• 1hr to 1.5hr interval speed work
Wednesday	<ul style="list-style-type: none">• Two sessions of active recovery, 1hr each
Thursday	<ul style="list-style-type: none">• 1hr active recovery session• 45min tempo run (if no weekend race)
Friday	<ul style="list-style-type: none">• 1.5hr to 2.5hr run of 20km to 35km• 1hr active recovery session
Saturday	<ul style="list-style-type: none">• Up to 3hr trail run of 11km to 30km• 1hr to 1hr 15min yin yoga focusing on deep stretching
Sunday	<ul style="list-style-type: none">• 1.5hr to 2.5hr run of 20km to 35km• 1hr to 1hr 15min yin yoga session

NOTE: Active recovery sessions may include runs of 5km to 10km at an easy pace; artificial grass barefoot running or a session of hot yoga, swimming, spinning or rock climbing.

Source: RANDALL WU STRAITS TIMES GRAPHICS