

Fitness routine

Monday	<ul style="list-style-type: none">• Rest day
Tuesday	<ul style="list-style-type: none">• Up to 5km fast run• Conditioning exercises
Wednesday	<ul style="list-style-type: none">• Up to 10km run• Stretching exercises
Thursday	<ul style="list-style-type: none">• 20x400m run• Core exercises
Friday	<ul style="list-style-type: none">• Up to 10km run• Stretching exercises
Saturday & Sunday	<ul style="list-style-type: none">• 60min run with wife and daughters

Source: ANSGAR CHENG
STRAITS TIMES GRAPHICS