

Fitness routine

Monday Wednesday Thursday	<ul style="list-style-type: none">● 2hr morning swim training● 2hr afternoon swim training● 2½hr weight training
Tuesday	<ul style="list-style-type: none">● 2 to 3hr swim training● 2hr gym session
Friday	<ul style="list-style-type: none">● 2 to 3hr swim training● 2hr weight training
Saturday Sunday	<ul style="list-style-type: none">● Rest days

Source: QUAH ZHENG WEN
STRAITS TIMES GRAPHICS