

Fitness routine

Monday	<ul style="list-style-type: none">• 10km run
Tuesday	<ul style="list-style-type: none">• 5 x 1km interval sprints, with 3min rest in between
Wednesday	<ul style="list-style-type: none">• Rest
Thursday	<ul style="list-style-type: none">• 30min core exercises, including planks, squats and push-ups
Friday	<ul style="list-style-type: none">• 15km run
Saturday	<ul style="list-style-type: none">• 15km repetitive hill runs at Mount Faber
Sunday	<ul style="list-style-type: none">• 15km repetitive hill runs at Bukit Timah Hill

Source: CHIN WEI CHONG
STRAITS TIMES GRAPHICS