

# Fitness routine

<b>Monday, Wednesday &amp; Friday</b>	<ul style="list-style-type: none"><li>• 2hr match-play training in the morning, 3hr national team training and 1hr strength training and conditioning in the afternoon</li></ul>
<b>Tuesday &amp; Thursday</b>	<ul style="list-style-type: none"><li>• 2hr match-play training in the morning, 3hr national team training in the afternoon</li></ul>
<b>Saturday &amp; Sunday</b>	<ul style="list-style-type: none"><li>• Rest days</li></ul>

Source: CHARMAINE SEAH  
STRAITS TIMES GRAPHICS