

Fitness Routine

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| Monday | <ul style="list-style-type: none">• 15km run• Weight-training exercises |
| Tuesday | <ul style="list-style-type: none">• Rest |
| Wednesday | <ul style="list-style-type: none">• 6km interval runs• Aerobic exercises |
| Thursday | <ul style="list-style-type: none">• Rest |
| Friday | <ul style="list-style-type: none">• 15km to 18km run• Strength training |
| Saturday | <ul style="list-style-type: none">• 20km to 25km run |
| Sunday | <ul style="list-style-type: none">• Rest or play frisbee at the beach |

Source: FORD LIM
STRAITS TIMES GRAPHICS