

Fitness Routine

Monday	<ul style="list-style-type: none">● Rest
Tuesday	<ul style="list-style-type: none">● Run 10-12km
Wednesday	<ul style="list-style-type: none">● Run 8-10km
Thursday	<ul style="list-style-type: none">● Run 10km
Friday	<ul style="list-style-type: none">● Swim 10 laps
Saturday	<ul style="list-style-type: none">● Run 15-21km
Sunday	<ul style="list-style-type: none">● Rest or run 10km

Source: GRACE TAN
STRAITS TIMES GRAPHICS