

Fitness routine

Monday	<ul style="list-style-type: none">• 2hr core exercises and swim training in the morning, 2½hr swim training in the afternoon
Tuesday Friday	<ul style="list-style-type: none">• 2hr gym training in the morning, 2½hr swim training in the afternoon
Wednesday	<ul style="list-style-type: none">• 2½hr swim training in the afternoon
Thursday	<ul style="list-style-type: none">• 2hr circuit in the water, 2½hr swim training in the afternoon
Saturday	<ul style="list-style-type: none">• 2hr swim training in the morning
Sunday	<ul style="list-style-type: none">• Rest day

Source: DANNY YEO
STRAITS TIMES GRAPHICS