

# Fitness routine

Monday	<ul style="list-style-type: none"><li>● Run 8-10km</li></ul>
Tuesday/ Friday	<ul style="list-style-type: none"><li>● Lift weights for 80-90min</li></ul>
Wednesday	<ul style="list-style-type: none"><li>● Interval training and run 7-8km</li></ul>
Thursday	<ul style="list-style-type: none"><li>● Swim for 45-60min</li></ul>
Saturday	<ul style="list-style-type: none"><li>● Rest, short run or 1hr gym workout</li></ul>
Sunday	<ul style="list-style-type: none"><li>● Rest</li></ul>

Source: ALLAN WU  
STRAITS TIMES GRAPHICS