## **Fitness routine**

Monday	• 5km run
Tuesday	• 1½hr run
Wednesday	<ul> <li>2km swim</li> </ul>
Thursday	<ul> <li>2<sup>1</sup>/<sub>2</sub>hr rock-climbing</li> </ul>
Friday	<ul> <li>2½hr yoga and pilates</li> </ul>
Saturday	<ul> <li>1hr strength training</li> </ul>
Sunday	• Rest

Source: KOH BEE BEE STRAITS TIMES GRAPHICS