Fitness routine

Monday	• 60min run • 60min parkour training
Tuesday	• 60min run • 90min swim
Wednesday	• 60min bike ride
Thursday	• 60min swim • 60min primal movement training
Friday	• 90min bike ride
Saturday	• 90-120min run • 60min functional strength training
Sunday	• 3-4hr bike ride • 40min swim

Source: SARA NG

STRAITS TIMES GRAPHICS