

Fitness routine

Monday	<ul style="list-style-type: none">● 45min hill training● 15min strength and conditioning exercises● 1hr swimming
Tuesday	<ul style="list-style-type: none">● 45min run● 15min strength and conditioning exercises● 2hr speed training
Wednesday	<ul style="list-style-type: none">● 45min run● 15min strength and conditioning exercises● 2hr run
Thursday	<ul style="list-style-type: none">● 45min run● 15min strength and conditioning exercises
Friday	<ul style="list-style-type: none">● 1hr yoga session● 45min swim● 15min strength and conditioning exercises
Saturday	<ul style="list-style-type: none">● 2hr run
Sunday	<ul style="list-style-type: none">● 1¾hr run

Source: MUHAMED SYAFIQ
STRAITS TIMES GRAPHICS