

Fitness routine

Monday	<ul style="list-style-type: none">• Rest
Tuesday	<ul style="list-style-type: none">• 1hr yoga• 30min run
Wednesday	<ul style="list-style-type: none">• 1hr run
Thursday	<ul style="list-style-type: none">• Rest
Friday	<ul style="list-style-type: none">• 30min weight training
Saturday	<ul style="list-style-type: none">• 70-80min run
Sunday	<ul style="list-style-type: none">• 2hr run

Source: HERMOINE CHOONG
STRAITS TIMES GRAPHICS