

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• 20min run</li><li>• 20min strength training and core workout</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• 1hr swim or rest</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• 45min spinning</li><li>• 10min core workout</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• 30min run or strength training</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• 30min spinning or rest</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>• 4-6hr outdoor cycling or 30min spinning</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• 5-7hr outdoor cycling or rest</li></ul>

Source: JAMIE GOH  
STRAITS TIMES GRAPHICS