

Fitness routine

Monday	<ul style="list-style-type: none">• 5km run
Tuesday	<ul style="list-style-type: none">• Rest
Wednesday	<ul style="list-style-type: none">• Strength exercises
Thursday	<ul style="list-style-type: none">• 30- to 40-minute swim
Friday	<ul style="list-style-type: none">• 7 to 10km run
Saturday	<ul style="list-style-type: none">• Rest
Sunday	<ul style="list-style-type: none">• Strength exercises

Source: SANDRA WU
STRAITS TIMES GRAPHICS