

Fitness routine

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| Monday | <ul style="list-style-type: none">• 45min swim |
| Tuesday | <ul style="list-style-type: none">• 1½hr cycling |
| Wednesday | <ul style="list-style-type: none">• 1hr swim |
| Thursday | <ul style="list-style-type: none">• 1½hr run |
| Friday | <ul style="list-style-type: none">• 1hr swim |
| Saturday | <ul style="list-style-type: none">• 45min run |
| Sunday | <ul style="list-style-type: none">• 2½hr cycling• 30min run |

Source: CHERYL TAY
STRAITS TIMES GRAPHICS