

Fitness routine

Monday	<ul style="list-style-type: none">• 50min jogging
Tuesday	<ul style="list-style-type: none">• 1hr stair training• 50 pull-ups
Wednesday	<ul style="list-style-type: none">• 50min jogging
Thursday	<ul style="list-style-type: none">• 1hr track running
Friday	<ul style="list-style-type: none">• Rest day
Saturday	<ul style="list-style-type: none">• 1½hr stair training• 50min jogging
Sunday	<ul style="list-style-type: none">• 1hr trail running

Source: RICHARD SIRRS
STRAITS TIMES GRAPHICS