

Fitness routine

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| Monday | <ul style="list-style-type: none">• 3-6km run• Up to 1½hr boxing |
| Tuesday | <ul style="list-style-type: none">• 3km run• 1hr boxing |
| Wednesday | <ul style="list-style-type: none">• 3km run• 1hr boxing |
| Thursday | <ul style="list-style-type: none">• Up to 1hr strength training |
| Friday | <ul style="list-style-type: none">• 6km run• 1hr boxing |
| Saturday | <ul style="list-style-type: none">• 1hr interval runs |
| Sunday | <ul style="list-style-type: none">• Rest |

Source: RUSSELL HARRISON
STRAITS TIMES GRAPHICS