

Fitness routine

Monday	<ul style="list-style-type: none">• 2km run• 40min high-intensity or cardio circuit training
Tuesday	<ul style="list-style-type: none">• 5-10km jog• Weights training
Wednesday	<ul style="list-style-type: none">• 2km jog• 40min high-intensity or cardio circuit training
Thursday	<ul style="list-style-type: none">• 5-10km jog
Friday	<ul style="list-style-type: none">• 2km run• 40min strength endurance training
Saturday	<ul style="list-style-type: none">• 30min jog
Sunday	<ul style="list-style-type: none">• 30min jog• 15min strength training

Source: MICHELLE TAN
STRAITS TIMES GRAPHICS