

Fitness routine

Monday	<ul style="list-style-type: none">• 30min high-intensity interval training or circuit training
Tuesday	<ul style="list-style-type: none">• 1hr run
Wednesday	<ul style="list-style-type: none">• 1hr run or 30min high-intensity interval training or circuit training
Thursday	<ul style="list-style-type: none">• 1hr run
Friday	<ul style="list-style-type: none">• 1hr Tabata workout or stairs climbing with weights
Saturday	<ul style="list-style-type: none">• 1 ½ to 2hr run
Sunday	<ul style="list-style-type: none">• 20km cycling

Source: CHONG HAI-YEN
STRAITS TIMES GRAPHICS