

# Fitness routine

<b>Monday</b>	● 1hr strength training
<b>Tuesday</b>	● 1hr run
<b>Wednesday</b>	● 1hr strength training
<b>Thursday</b>	● Rest
<b>Friday</b>	● 1hr run
<b>Saturday</b>	● 1hr run
<b>Sunday</b>	● 1hr 30min run

Source: EUGENE LIM  
STRAITS TIMES GRAPHICS