

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>• Rest or 30min exercise</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>• 8-10km run</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>• 1hr indoor cycling</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>• Rest or 30min exercise</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>• Rest</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>• 21-25km run</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>• 18-20km run</li></ul>

Source: LIM JIA YEAN  
STRAITS TIMES GRAPHICS