Fitness routine

Monday50min runTuesday40min runWednesday35min runThursdayRestFriday1hr gym and strength trainingSaturday1hr gym and strength trainingSundayRest		
Wednesday35min runThursdayRestFridayIhr gym and strength trainingSaturdayIhr gym and strength training	Monday	50min run
ThursdayRestFriday1hr gym and strength trainingSaturday1hr gym and strength training	Tuesday	40min run
FridayIhr gym and strength trainingSaturdayIhr gym and strength training	Wednesday	35min run
strength trainingSaturday1hr gym and strength training	Thursday	Rest
strength training	Friday	
Sunday Rest	Saturday	
	Sunday	Rest

Source: ELLIOT WONG STRAITS TIMES GRAPHICS