

Fitness routine

Monday	<ul style="list-style-type: none">• 3km swim
Tuesday	<ul style="list-style-type: none">• 15km run
Wednesday	<ul style="list-style-type: none">• 1hr indoor cycling and gym session
Thursday	<ul style="list-style-type: none">• 5km tempo run
Friday	<ul style="list-style-type: none">• Rest day
Saturday	<ul style="list-style-type: none">• Up to 3hr of cycling (morning)• 3.5km swim (evening)
Sunday	<ul style="list-style-type: none">• 3hr brick training (2hr of cycling and a 1hr run)

Source: LUO YI WEI
STRAITS TIMES GRAPHICS