

Fitness routine

Monday	<ul style="list-style-type: none">• 1hr endurance training
Tuesday	<ul style="list-style-type: none">• 1hr strength training
Wednesday	<ul style="list-style-type: none">• 1.5hr skills training
Thursday	<ul style="list-style-type: none">• 1hr endurance training
Friday	<ul style="list-style-type: none">• 1.5hr skills training
Saturday	<ul style="list-style-type: none">• 1hr strength or skills training• 1.5hr cycling
Sunday	<ul style="list-style-type: none">• Rest

Source: KENNETH SEOW
STRAITS TIMES GRAPHICS