

# Fitness routine

Monday	Swim up to 6km in two sessions, at 6am and 6.30pm
Tuesday	Spin class, 45min gym session
Wednesday	Pilates or high-intensity interval training, leisurely swim
Thursday	Rest
Friday	45min gym session, beach swim or 5km run
Saturday	Swim up to 3km
Sunday	45min gym session or 5km run, swim up to 3km