

Fitness routine

Monday	<ul style="list-style-type: none">• 2hr swim in the morning, 45min core and medicine ball exercises, 2hr swim in the afternoon
Tuesday	<ul style="list-style-type: none">• 90min weight training in the morning, 2-3hr swim in the afternoon
Wednesday	<ul style="list-style-type: none">• 2-3hr swim in the afternoon
Thursday	<ul style="list-style-type: none">• 2hr swim in the morning, 45min circuit training, 2hr swim in the afternoon
Friday	<ul style="list-style-type: none">• 2hr swim in the morning, 90min weight training, 2hr swim in the afternoon
Saturday	<ul style="list-style-type: none">• 3hr morning swim
Sunday	<ul style="list-style-type: none">• Rest day

Source: ROANNE HO
STRAITS TIMES GRAPHICS