

Fitness routine*

Monday	<ul style="list-style-type: none">● 1½hr run● 1½hr gym
Tuesday and Thursday	<ul style="list-style-type: none">● 1½hr gym● 1½hr swim
Wednesday	<ul style="list-style-type: none">● 1½hr run or 2-3hr bike ride● 1½hr gym
Friday	<ul style="list-style-type: none">● 1½hr gym
Saturday	<ul style="list-style-type: none">● 2½hr run or 3-4hr bike ride
Sunday	<ul style="list-style-type: none">● 2½hr run or rest

*This routine is maintained for up to half a year, when he's training for a race. For the rest of the year, he trains four days a week.

Source: DAVID TAY
STRAITS TIMES GRAPHICS