

## ES.010 PE workout schedule

<b>Date</b>	<b>Where</b>	<b>Time</b>	<b>purpose of workout</b>
Thursday February 7	Z center	TBA	fitness testing get a baseline of fitness level
Thursday February 14	Mac Court	4 pm	Getting on the bike - introduction to spinning
Thursday February 21	Z pool	4 pm	work on distance work - swim at least 1500 yards
Thursday February 28	Mac Court	4 pm	bike - intervals to get heart rate up
Thursday March 7	Mac Court	4 pm	bike - - longer distance sets - then try and run
Thursday March 14	Z pool	4 pm	work on drills/longer distances - at least 2000 yards
Thursday March 21	Mac Court	4 pm	bike - intervals to get heart rate up - do 5 minutes of run at end
<b>Thursday March 28</b>	<b>No workout due to spring break</b>		
Thursday April 4	Z pool	4 pm	distance swim -do at least 2500 yards
Thursday April 11	Mac Court	4 pm	Running intervals with proper form
Thursday April 18	Mac Court	4 pm	bike - - longer distance sets - go for a run afterwards.
Thursday April 25	Mac Court	4 pm	bike, intervals to get heart rate up
May 9th to May 14th	Fitness testing to see how the term went		

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