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SP.235 / ESG.SP235 Chemistry of Sports  
Spring 2009

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## SP.235 Chemistry of Sports, Spring 2009

### Workout Schedule

Week	Day	Topic	Facility	Goals of session
1	Arranged individually	Fitness testing	Z center	Get a baseline of fitness levels
2	Thursday	Swim	Z center	work on distance – swim at least 1500 yards
	Saturday	Run / Bike	outside / MAC court	getting back on the bike
3	Thursday	Run around the river	Around Charles River	work on distance – at least 2.8 miles
	Saturday	Swim / Bike	Z center / MAC court	Brick workouts – train your body to go from swim to bike
4	Thursday	Swim	Z center	Distance swim at least 1500 yards
	Saturday	Run / Bike	Around Charles River / MAC court	Brick workouts – train your body to go from bike to run
5	Thursday	Run	Around Charles River	5K training run
	Saturday	Swim / Bike	Z center / MAC court	Brick workouts – train your body to go from swim to bike
6	Thursday	Swim	Z center	Distance swim at least 1500 yards
	Saturday	Bike / Run	around Charles River	Brick workouts – train your body to go from bike to run
7	Thursday	Swim	Z center	Distance swim at least 1 mile (1800 yards)
	Saturday	Spring break – no class		Train on your own
8	Thursday	Spring break – no class		Train on your own
	Saturday	Spring break – no class		Train on your own
9	Thursday	Bike	Around Charles River	Work on speed
	Saturday	Bike / Run	Around Charles River	Brick workouts – train your body to go from bike to run
10	Thursday	Swim	Z center	Distance swim at least 1.25 mile (2300 yards)
	Saturday	Bike / Run	Around Charles River	Brick workouts – train your body to go from bike to run
11	Thursday	Swim	Z center	Distance swim
	Saturday	Bike / Run	Around Charles River	Brick workouts – train your body to go from bike to run
12	Thursday	Swim	Z center	Distance swim at least 1.5 mile (2700 yards)
	Saturday	Bike hill repeats	Watertown MA (behind Home Depot)	Work on gear changing
13	Thursday	Run	Around Charles River	10K training run
	Saturday	Bike / Run	Around Charles River	Brick workouts – train your body to go from bike to run
14	Arranged individually	Fitness testing	Z center	See how you have progressed over the term
	Saturday	Mini-triathlon	Z center / Around Charles River	See if you can do it
<p><b>Notes:</b>            Must attend first 4 class activities            Must not miss more than two class meetings in a row            Must attend a total of 80% of the workouts to get PE points (that means you cannot miss more than five workouts total)            Inclement weather? Do a swim and run workout</p>				