

# Exercise conversion chart

Convert time spent exercising into miles and km. Use the chart to find out how many miles/km you cover doing different exercises or day to day activities.

**NB: This conversion chart is a guideline only. Adjust the steps per minute (SPM) up or down according to your own intensity output.**

Physical Activity	Miles/min	Miles/10 min	km/min	km/10min
Aerobics, low intensity	0.06	0.64	0.1	1.02
Aerobics, high intensity	0.09	0.91	0.15	1.46
Aerobics, step	0.08	0.77	0.12	1.23
Badminton	0.07	0.66	0.11	1.05
Ballet dancing	0.06	0.6	0.1	0.97
Baseball	0.07	0.65	0.1	1.05
Basketball	0.07	0.65	0.1	1.05
Bowling	0.04	0.36	0.06	0.57
Boxing	0.11	1.11	0.18	1.79
Calisthenics	0.05	0.53	0.09	0.85
Canoeing	0.05	0.46	0.07	0.73
Cheerleading	0.05	0.5	0.08	0.8
Circuit training (squats, lunges, pushups, burpees, situps etc)	0.1	1	0.16	1.6
Climbing, indoor/outdoor	0.14	1.35	0.22	2.17
Croquet	0.04	0.38	0.06	0.61
CrossFit	0.13	1.25	0.2	2.01
Cycling, easy (8.7mi/h or 14km/h)	0.2	1.5	0.1	1.05
Cycling, moderate (15mi/h - 24km/h)	0.3	2.5	0.14	1.37
Cycling, vigorous (20mi/h - 32km/h)	0.3	3.3	0.16	1.61
Dancing	0.05	0.55	0.09	0.88
Elliptical trainer	0.1	1.02	0.16	1.63
Fencing	0.09	0.91	0.15	1.46
Fishing	0.05	0.46	0.07	0.73
Football	0.1	1	0.16	1.6
Gardening/yard work	0.04	0.4	0.06	0.64

Physical Activity	Miles/min	Miles/10 min	km/min	km/10min
Golf (carrying clubs)	0.05	0.55	0.09	0.88
Grocery shopping	0.03	0.34	0.05	0.54
Gymnastics	0.06	0.61	0.1	0.97
Handball	0.17	1.74	0.28	2.8
HIIT	0.13	1.25	0.2	2.01
Hiking/orienteering	0.12	1.16	0.19	1.87
Hockey, field and ice	0.12	1.2	0.19	1.93
Horseback riding	0.05	0.45	0.07	0.72
Housework	0.04	0.36	0.06	0.58
Ice skating	0.04	0.42	0.07	0.68
In-line skating/Rollerblading	0.1	0.95	0.15	1.53
Jumping rope (skipping), fast	0.15	1.5	0.24	2.41
Jumping rope (skipping), moderate	0.13	1.25	0.2	2.01
Kayaking	0.08	0.76	0.12	1.22
Kickboxing/MMA	0.15	1.45	0.23	2.33
Lacrosse	0.12	1.21	0.19	1.95
Martial Arts	0.12	1.18	0.19	1.9
Mowing lawn	0.06	0.6	0.1	0.97
Pilates	0.05	0.46	0.07	0.73
Punching bag	0.09	0.9	0.14	1.45
Raking lawn/leaves	0.06	0.61	0.1	0.97
Racquetball	0.09	0.91	0.15	1.46
Rowing	0.07	0.74	0.12	1.18
Rowing machine	0.11	1.06	0.17	1.71
Rugby	0.15	1.52	0.24	2.44
Running, 12min/mi = 7min/km	0.1	0.8	0.14	1.43
Running, 10min/mi = 5.35min/km	0.1	1.0	0.18	1.79
Running, 8min/mi = 4.28min/km	0.1	1.3	0.22	2.24
Sailing, boat and board	0.05	0.46	0.07	0.73
Shoveling snow	0.07	0.73	0.12	1.17
Skateboarding	0.05	0.51	0.08	0.82
Skiing, light/moderate	0.05	0.55	0.09	0.88
Skiing, cross-country	0.06	0.57	0.09	0.92
Sledding	0.08	0.79	0.13	1.27

Physical Activity	Miles/min	Miles/10 min	km/min	km/10min
Snowboarding/snowshoeing	0.09	0.91	0.15	1.46
Snowmobiling	0.05	0.53	0.09	0.85
Softball	0.08	0.76	0.12	1.22
Spinning	0.1	1	0.16	1.61
Squash	0.17	1.74	0.28	2.8
Stair climbing, machine	0.1	1	0.16	1.61
Stair climbing, down stairs	0.04	0.36	0.06	0.57
Stair climbing, up stairs	0.09	0.91	0.15	1.46
Surfing	0.05	0.46	0.07	0.73
Swimming, butterfly	0.14	1.36	0.22	2.19
Swimming, freestyle/breaststroke	0.09	0.91	0.15	1.46
Swimming, treading/leisure	0.06	0.58	0.09	0.93
Table tennis	0.06	0.6	0.1	0.97
Tae Bo	0.13	1.25	0.2	2.01
Tai Chi	0.02	0.2	0.03	0.32
Tennis	0.1	1	0.16	1.61
Trampoline	0.05	0.45	0.07	0.72
Volleyball	0.05	0.46	0.07	0.73
Walking, stroll	0.03	0.31	0.05	0.49
Walking, average	0.04	0.42	0.07	0.68
Walking, power	0.08	0.78	0.13	1.26
Washing a car	0.04	0.36	0.06	0.57
Water aerobics	0.06	0.58	0.09	0.93
Water polo	0.15	1.52	0.24	2.44
Water skiing	0.07	0.73	0.12	1.17
Weight lifting, light	0.03	0.34	0.05	0.54
Weight lifting, heavy	0.09	0.87	0.14	1.4
Wrestling	0.07	0.73	0.12	1.17
Yoga	0.02	0.23	0.04	0.36