



AEROBIC MILE CHART

An aerobic mile is a measure of exercise energy expended that is equal to jogging one mile

| ACTIVITY | MINUTES TO EQUAL ONE AEROBIC MILE | | |
|--|-----------------------------------|----------|----------|
| | Easy | Moderate | Vigorous |
| Aerobic exercise to music | 30 | 20 | 15 |
| Backpacking | 15 | 12 | 10 |
| Basketball | 20 | 12 | 10 |
| Bicycling | 18 | 14 | 10 |
| Calisthenics (continuous, moderate) | 30 | 20 | 15 |
| Canoeing/rowing | 20 | 15 | 12 |
| Cycling, stationary (4, 6, 8 METS) | 16 | 13 | 11 |
| Football, touch | 20 | 15 | 12 |
| Gardening (active) | 60 | 40 | 30 |
| Hiking (cross country & hills) | 20 | 15 | 12 |
| Golfing (carrying bag or pulling cart) | 30 | 25 | 20 |
| Jogging/running (12-10-8 minute/mile pace) | 12 | 10 | 8 |
| Lawn mowing (push type) | 60 | 40 | 30 |
| Mountain climbing | 15 | 12 | 10 |
| Racquetball, handball, squash | 20 | 15 | 10 |
| Rope skipping | 11 | 10 | 8 |
| SCUBA diving | 20 | 15 | 10 |
| Skating | 20 | 15 | 12 |
| Skiing, cross country | 17 | 12 | 8 |
| Skiing (down hill) | 20 | 15 | 12 |
| Soccer | 15 | 12 | 10 |
| Stair or bench stepping | 15 | 13 | 11 |
| Stationary bicycle | 16 | 13 | 11 |
| Swimming | 24 | 16 | 12 |
| Table tennis | 60 | 30 | 20 |
| Tennis | 20 | 15 | 11 |
| Volleyball | 20 | 15 | 12 |
| Walking (24, 20, 15 min/mile pace) | 24 | 20 | 15 |
| Water skiing | 20 | 15 | 12 |
| Weight training | 30 | 20 | 15 |

Aerobic miles are a way to measure the energy output in a number of activities. According to this chart, using the moderate range, jogging 10 minutes is equivalent to walking 20 minutes.

