



2000-Mile Fitness Challenge Table of Equivalent Miles

Activity	Distance	Time / Other	Pace or Intensity*	Equivalent Challenge Miles
Running/Jogging	1 mile		5-10 minute/mile	4
Running/Jogging/Speed Walking	1 mile		10-15 minute/mile	3
	1 mile		15+ minute/mile	2.5
Walking/Hiking	1 mile		10-15 minute/mile	3
	1 mile		15+ minute/mile	2
Swimming	0.25 miles		Easy	1
Aerobics/Jump Rope/Cardio		15 minutes	Moderate	2
Mini-Trampoline/Calisthenics		15 minutes	Easy	1
Skate Skiing	1 mile		5-10 minute/mile	4
	1 mile		10+ minute/mile	3
Classic/Backcountry Skiing	1 mile	or 15 minutes	Moderate	2
		15 minutes	Easy	1.5
Mountain Biking	1 mile		Moderate	1.5
Racquetball/Basketball/Soccer/Squash/Handball/Karate/ Lacrosse/Tennis/etc.		12 minutes	Extreme	1
		20 minutes	Moderate	1
		30 minutes	Easy	1
Circuit Training		20 minutes/20 stations	Moderate	1
		30 minutes/30 stations	Easy	1
Weights		30 minutes/20 sets	Moderate	1
		40 minutes/20 sets	Easy	1
Climbing		30 minutes	Moderate	1
Snowshoe	1 mile	<15 minutes/mile-packed trail or <25 minutes unpacked/new snow	Moderate	2.5
	1 mile		Easy	1.5
Ice Skating/Hockey/Roller or In-line Skating	0.5 mile	or 20 minutes	Moderate	2
		30 minutes	Easy	1.5
Stair Climber	0.5 mile	or 15 minutes	Moderate	1.5
	0.5 mile	or 20 minutes	Easy	1
Downhill Skiing	1 mile	or 2 hours	Easy	1
Volleyball		30 minutes	Easy/Moderate	1
Golfing	1 mile	or 1 hour		1.25
Rowing Machine	1 mile	or 15 minutes	Moderate	2

Use of the Equivalent Miles table is entirely optional. You may use all, part, or none of the conversions. You may also modify the conversions at your own discretion, based on your perceived level of exertion.

* Intensity levels are based on exertion, and can be tracked by heart rate, calories burned, or perceived effort.