

Activity Conversion Chart

Utilize this conversion chart to convert 30 minutes of alternative activities into KMs you can record. Convert your activity, then log into the Ride for Heart website to manually log your activity on your personal page. With alternative activities converted to KMs, you can reach your goal even faster!

Activities to KMs Conversion Chart

Conversion is Km's per 30 minutes of activity

Activity	KM/30 minutes
Aerobics Class	3.3
Archery	2.4
Backpacking, uphill	5.6
Badminton	3.1
Baseball	2.6
Basketball, game	4.1
Basketball, recreational	3.1
Bicycling, easy	3.1
Bicycling, moderate	4.1
Bicycling, vigorous	5.1
Billiards/pool	1.8
Bowling	2
Boxing, noncompetitive	3
Boxing, competitive	5.1
Callisthenics	2.4
Canoeing	2.4
Chopping Wood	3.1
Circuit training, general	4.1
Cleaning house	1.8
Climbing, rock or mountain	6.3
Dancing, aerobic	3.1
Dancing, general	2.3
Elliptical machine	5.7
Fencing	3.1
Fishing, sitting	2.1
Fitness class – low impact	3.5
Fitness class – high impact	4.9



Activity	KM/30 minutes
Football	4.4
Frisbee	1.5
Gardening	3
Golf, carrying clubs	2.8
Golf, cart	1.8
Gymnastics	2.1
Handball	6.2
Hiking, general	4
Hiking, uphill	4.9
Hockey	4.1
Horseback riding, general	2.4
Ice skating	4.7
Jogging	3.6
Jumping rope, moderate	5.6
Jumping rope, slow	4.1
Kayaking	3.5
Line dancing	3.2
Martial Arts	5.1
Miniature golf	2.1
Mowing (push mower)	3.7
Mopping	2.3
Painting	2.3
Pickleball	2.8
Pilates	2.3
Ping Pong	2.8
Punching bag	4.2
Racquetball	2.2
Racquetball, moderate	3.6
Rock climbing	5.6
Rollerblading/skating	3.6
Rowing machine, moderate	2.6
Rugby	7.7
Running, 8-minute mile	6.4
Running, 10-minute mile	5.1
Running, 12-minute mile	4.1
Scuba diving	4.9
Shoveling snow	3.1
Skiing, cross-country	4.6
Skiing, downhill	3.1
Sledding	4.9



Activity	KM/30 minutes
Snowshoeing	4.1
Soccer, Recreational	3.6
Softball	3.5
Spinning class	5.5
Stretching	1.8
Swimming, leisurely	3.1
Swimming laps, moderate	4.9
Swimming laps, vigorous	7
Tai chi	2.8
Tennis, singles	4.1
Tennis, doubles	3.1
Vacuuming	2
Volleyball	2.1
Walking (moderate)	3
Washing car	2.3
Water aerobics	2.1
Weightlifting	3.1
Yard work	2.6
Yoga	2.1

