

Activity conversion chart

Convert time spent exercising into kms



Steps to kilometres conversion

1 step = 0.0008 kms

10,000 steps = 8 kms

Use the chart to find out how many kms you cover doing different exercises.

Example: a 45 min Pilates class would be $45 \times 0.07 = 3.15\text{kms}$.

Physical activity	kms/min	kms/10min
Aerobics	0.10	1.02
Badminton	0.11	1.05
Ballet	0.10	0.97
Basketball	0.10	1.05
Boxing	0.18	1.79
Cycling	0.40	4.02
Crossfit	0.20	2.01
Golf	0.09	0.88
HIIT	0.20	2.01
Hiking	0.19	1.87
Horseback Riding	0.07	0.72
Kayaking	0.12	1.22
Pilates	0.07	0.73

Physical Activity	kms/min	kms/10min
Pilates	0.07	0.73
Rowing	0.12	1.18
Rugby	0.24	2.44
Skateboarding	0.08	0.82
Surfing	0.07	0.73
Swimming	0.15	1.46
Tennis	0.16	1.61
Trampoline	0.07	0.72
Volleyball	0.07	0.73
Yoga	0.04	0.36

Note: This conversion chart is a guide only. You may adjust your activity conversion up or down to reflect your intensity output.



Make a difference for people like Lina

Every dollar you raise as part of 100K Your Way will help fund vital support, such as orientation and mobility sessions, as well as white cane training.

Make every km count at 100KYourWay.org