



Aerobic Mile Chart

Activity	Minutes to Equal 1 Aerobic Mile		
	Easy	Moderate	Vigorous
Aerobic exercise to music	30	20	15
Basketball	20	12	10
Bicycling	18	14	10
Calisthenics	30	20	15
Indoor rowing	20	15	11
Cycling, stationary	16	13	12
Football, touch	20	15	12
Hiking, cross country & hills	20	15	20
Golfing	30	25	8
Jogging/running	12	10	8
Skiing, cross country	17	12	10
Soccer	15	12	11
Stair or bench stepping	15	13	11
Table tennis	60	13	20
Volleyball	20	15	12
Walking	24	15	15
Weight training	30	20	15

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

View of Q

Distance from east end of Building A to EL 4 Lobby is approximately one mile, round trip. -----

Disc Golf Course	-----
Trail to Public Bicycle Path
Fox River Trail Bicycle Path	=====
Fox River Trail Nature Walk	=====
Cross-Country Ski Trail
Field Light Control Box	💡

