

RACERY MILEAGE CONVERSIONS



Activity

Challenge Mile



Walking/Running

1 mile run or walk = **1 mile**



Biking (Moderate)

1 hour of cycling = **4.8 miles**



Swimming

1 hour of swimming = **5.1 miles**



Rowing

1 hour of rowing = **6 miles**



HIIT

1 hours of HIIT = **6.8 miles**



Weight Training

1 hour of weights = **1.9 miles**



Yoga

1 hour of yoga = **1.2 miles**



High Cardio
(Orange Theory, Barry's, etc.)

1 hour of high cardio = **6.8 miles**

wear blue:
run to remember®



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