



Conversion Chart



(March to the Top of Maine)

1 Mile	30 minutes Strength Training
1 Mile	30 minutes Road Biking
1 Mile	30 minutes Canoeing or Kayaking
1 Mile	30 minutes Dancing
1 Mile	30 minutes Trail Hiking (lower intensity)
1 Mile	30 minutes Swimming
1 Mile	30 minutes (lower intensity) Basketball
1 Mile	30 minutes Volleyball
1 Mile	30 minutes Tennis
1 Mile	30 minutes Gardening
1 Mile	60 minutes of Softball
1 Mile	60 minutes of Badminton
1 Mile	60 minutes Yoga
1 Mile	60 minutes Pilates
1 Mile	60 minutes
2 Miles	30 minutes (higher intensity) Basketball
2 Miles	30 minutes Trail Hiking (higher intensity)