

## Energy Expended during various Sports

Activity	Approximate Energy Expended (Calories/pound of body weight/minute)					
	100 lb (45.5 kg)	120 lb (54.5 kg)	140 lb (63.6 kg)	160 lb (72.7 kg)	180 lb (82 kg)	200 lb (90 kg)
<b>Bicycling</b>						
5 mph	1.9	2.3	2.7	3.1	3.5	3.9
10 mph	4.2	5.1	5.9	6.8	7.6	8.5
15 mph	7.3	8.7	10.0	11.6	13.1	14.5
20 mph	10.7	12.8	14.9	17.1	19.2	21.3
<b>Running</b>						
6 mph	7.2	8.7	10.2	11.7	13.1	14.6
7 mph	8.5	10.2	11.9	13.6	15.4	17.1
8 mph	9.7	11.6	13.6	15.6	17.6	19.5
9 mph	10.8	12.9	15.1	17.3	19.5	21.7
<b>Skiing<sup>1</sup></b>	6.5	7.8	9.2	10.5	11.9	13.2
<b>Skiing<sup>2</sup></b>						
2.5 mph	5.0	6.0	7.0	8.0	9.0	10.0
4.0 mph	6.5	7.8	9.2	10.5	11.9	13.2
5.0 mph	7.7	9.2	10.8	12.3	13.9	15.4
<b>Soccer</b>	5.9	7.2	8.4	9.6	10.8	12.0
<b>Tennis</b>	5.0	6.0	7.0	8.0	9.0	10.0
<b>Walking</b>						
3 mph	2.7	3.3	3.8	4.4	4.9	5.4
4 mph	4.2	5.1	5.9	6.8	7.6	8.5
5 mph	5.4	6.5	7.7	8.7	9.8	10.9
<b>Weightlifting</b>	5.2	6.0	7.3	8.3	9.4	10.5

<sup>1</sup>Downhill skiing and <sup>2</sup>cross country skiing