machine conversions

meters to miles

meters	miles
400	0.25
800	0.50
1000	0.62
1200	0.75
1600	1.0
3.2k	2.0
5k	3.11
10k	6.21

machine conversions for calories

run	C2 bike/row/ski		assault bike		echo bike		time
meters	female	male	female	male	female	male	minutes
200	12	18	12	15	8	12	0:45-1:00
400	25	36	24	30	18	25	1:30-2:00
600	36	52	36	45	26	38	2:30-3:00
800	50	70	48	60	36	51	3:30-4:00
1200	70	100	75	90	54	77	5:00-6:00
1600	105	150	105	150	91	130	7:00-9:00
5000	300	400	240	300	210	260	17:00-22:00
10,000	600	800	480	600	360	515	45:00-50:00

machine conversions for meters

run	C2 row/ski		C2 bike		echo bike		time
meters	female	male	female	male	female	male	minutes
200	200	250	400	500	450	625	00:45-1:00
400	400	500	800	1000	875	1250	1:30-2:00
500	500	750	1000	1500	1250	1800	
800	800	1000	1600	2000	1750	2500	3:30-4:00
1000	1000	1250	2000	2500	2250	3000	
1600	1600	2000	3200	4000	3150	4500	7:00-9:00
2000	2000	2500	4000	5000	4500	6000	
5000	4000	5000	8000	10,000	8750	12,500	17:00-22:00
10,000	8000	10,000	16,000	20,000	17,500	25,000	45:00-50:00

If you do not have a machine or ability to run, the best way to modify the aerobic components is to perform skipping (jump rope), burpees, jumping jacks, jog in place, or other movements that elevate your heart rate for the specified amount of time (far right column). It is also ok to combine movements if the specified time is longer than 3-4 minutes. For example, instead of an 800m run, you could perform a 4 minute AMRAP (as many rounds as possible in 4 min) of:

30 skips + 20 jumping jacks + 10 burpees

at the same intensity or pace as is prescribed for the workout.