

# How Do You Count Cross Training Mileage?

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[Caren Jew](#) 25 posts since

Sep 10, 2006

For those of you who cross-train, how do those miles translate to running miles for you? I took 2 months off from running earlier this summer because of plantar fasciitis and started mountain biking. I'm finally back to running about 20 miles a week, with a long run of 10, and 10-12 miles on the mountain bike. Does the biking mileage equal a 10-12 mile run? Or do you not count those in your weekly mileage? I'm trying to get my base built back up to 35-40/week for some winter 50Ks.

Thanks for your help.

[[http://This](#) message has been edited by KC1125 (edited Oct-15-2007).][http://This](#) message has been edited by KC1125 (edited Oct-15-2007).]



[rustyboy](#) 113 posts since

Dec 14, 2007 1. **Re: How Do You Count Cross Training Mileage?** Oct 15, 2007 4:48 PM

I know that in road biking, it's generally looked at that it takes 4 hours of cycling to equal one hour of running. I always count my cross-training in with my weekly training time, as long as my aerobic HR is equal to where it would be when I run (i.e. elliptical, stair climber, etc).

Mountain biking, depending on the terrain, can be MUCH more of a workout than road cycling.

I found that out the HARD way my first time on a bike in the mountains!



[nickjc](#) 37 posts since

Dec 14, 2007 2. **Re: How Do You Count Cross Training Mileage?** Oct 15, 2007 6:33 PM

there are lots of studies that have concluded cross training does not provide much benefit to your primary sport. It is useful for not getting burnt out mentally which can be a significant benefit but the only thing that gets running muscles in shape is running. So no, the miles don't count for anything.



[merigayle](#) 1,572 posts since

Aug 15, 2007 3. **Re: How Do You Count Cross Training Mileage?** Oct 15, 2007 7:52 PM

## How Do You Count Cross Training Mileage?

i don't really count my miles, i generally train for time. My cross training just goes into that mix. In the past year i have become a slave to the stairstepper and it has really benefited my ultrarunning, especially when i went out to Wyoming for the Teton 100 miler.



[rustyboy](#) 113 posts since

Dec 14, 2007 4. **Re: How Do You Count Cross Training Mileage?** Oct 15, 2007 8:15 PM

Ditto, meri. That stair climber is an amazing replacement for hill running/walking. Plus, I feel all high and exhaulted, standing several feet above the treadmills and ellipticals.

nick, I'm curious if you remember where you read those studies: The reason I ask is that my physical therapist (who is a PT for a cycling team, a soccer team, and is a marathoner herself) also does R and D and discovered that cross training does actually physically benefit running.



[formationflier](#) 975 posts since

Oct 13, 2007 5. **Re: How Do You Count Cross Training Mileage?** Oct 15, 2007 8:28 PM

Cycling miles are certainly a helpful supplement, but they do not replace running miles. There's little equivalence. That's not to say that they don't give you some great quad benefit and so forth, but they won't make up for a lack of running.

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[dironstarr](#) 21 posts since

Apr 18, 2002 6. **Re: How Do You Count Cross Training Mileage?** Oct 19, 2007 6:25 PM

Meri....what kind of workout you using for the stair climber? I just got one a couple weeks ago solely to help me with my ultra running. I've been doing one session a week for about 25 minutes, using the programs that simulate up and down climbs.

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I got Stone Cat coming up and want to cover all my bases.



[merigayle](#) 1,572 posts since

Aug 15, 2007 7. **Re: How Do You Count Cross Training Mileage?** Oct 19, 2007 7:15 PM

i do 60-75 minutes a couple times a week. i just use the programs on the machine. nothing special.