



Burn 100 calories by bike

Whether you are riding to get around, for leisure or to work out, cycling is an easy and achievable way to stay fit and healthy. It's amazing the difference just a small amount of time in the saddle can make. If you're new to cycling, or haven't ridden in a little while, then this #BikeWeek100 challenge is perfect for you.

How to burn 100 calories by bike

Use our handy chart to calculate the rough distance or duration you'd need to ride along flat ground to burn 100 calories.

For instance, a 12st woman pedalling at a moderate effort would need to ride for just 16 minutes to burn those calories off. Is it less than you thought? We thought so! We designed this challenge to show you just how quick and easy it can be, but there's no reason to stop at 100, in fact – we think you can do much more...

Reading the charts

- 1 Slow** – Taking it easy breezy, pedalling gently at low cadence with little to no tension in the legs. At this pace, you should be able to chat easily.
- 2 Moderate** – Working a bit harder, putting more weight through the pedals and greater tension in the lengths. You're breathing more heavily, so you might not be able to chew the fat – but you should still be able to hold a conversation.
- 3 Vigorous** – Far greater tension and purpose in your leg movements. At this pace, you won't be able to speak in full sentences.

It's worth noting that the times in the chart are calculated against non-stop pedalling for the stated distance, which is often not practical when you're out riding – especially in urban environments. If this is your first time riding for a while, see our handy checklist of [essential advice](#).

How to burn 100 calories – men

	Weight:	11st (70kg)	12st (76kg)	13st (83kg)	14st (89kg)	15st (95kg)	16st (102kg)	18st (114kg)	19st (127kg)	20st (127kg)
1 Slow	Time riding	25 min	23 min 48 sec	22 min 36 sec	21 min 30 sec	20 min 36 sec	19 min 42 sec	18 min 24 sec	17 min 36 sec	17 min
	Miles covered	2.9	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.6
2 Moderate	Time riding	15 min 5 secs	14 min 22 sec	13 min 36 sec	13 min	12 min 25 sec	11 min 53 sec	11 min 6 sec	10 min 36 sec	10 min 15 sec
	Miles covered	2.36	2.25	2.14	2.03	1.95	1.86	1.74	1.66	1.61
3 Vigorous	Time riding	8 min 45 sec	8 min 20 sec	7 min 54 sec	7 min 30 sec	7 min 12 sec	6 min 53 sec	6 min 25 sec	6 min 9 sec	6 min
	Miles covered	2.19	2.08	1.98	1.88	1.80	1.72	1.61	1.54	1.49

How to burn 100 calories – women

	Weight:	8st (51kg)	9st (57kg)	10st (64kg)	11st (70kg)	12st (76kg)	13st (83kg)	14st (89kg)	15st (95kg)	16st (102kg)	17st (108kg)
1 Slow	Time riding	32 min 27 secs	31 min 30 secs	30 min	28 min 36 sec	27 min 36 sec	26 min 36 sec	25 min 36 sec	24 min 42 sec	23 min 54 sec	23 min 6 sec
	Miles covered	2.99	2.89	2.75	2.62	2.53	2.44	2.35	2.26	2.19	2.12
2 Moderate	Time riding	19 min 48 sec	19 min	18 min 6 sec	17 min 15 sec	16 min 40 sec	16 min	15 min 24 sec	14 min 54 sec	14 min 25 sec	13 min 54 sec
	Miles covered	3.10	2.98	2.84	2.70	2.61	2.51	2.42	2.34	2.26	2.18
3 Vigorous	Time riding	11 min 30 sec	11 min	10 min 30 sec	10 min	9 min 40 sec	9 min 18 sec	9 min	8 min 40 sec	8 min 20 sec	8 min
	Miles covered	2.88	2.76	2.63	2.50	2.42	2.33	2.24	2.16	2.09	2.02