

# How to Take the 10-Metre Walk Test

## Transcript

### [0:00 How to take the test]

*Dr. Anthony Levinson:* You can measure your walking speed using the 10-metre Walk Test. To take the test, you'll need a 20-metre path to give you:

- 5 metres to get up to normal speed (or usual pace),
- 10 metres for the measurement of your **normal** walking pace and then
- another 5 metres to slow down.

Now measure how long it takes you to walk the 10-metre length, or get someone else to time you over this distance. Then divide 10 metres by the number of seconds it took you to determine your walking speed in metres/second. Next, use the table of average walking speeds to see how your result compares for your age and sex.

Just a quick note that there are other walking speed tests out there. Remember, regardless of the test you take, if you use an assistive device such as a cane or walker, you can use it during the test if needed.

If you would prefer to do the test at home or indoors, you can do a shorter 4-metre walk test. It's identical to the 10-metre test but requires a shorter 6-metre path: 1 metre to speed up, 1 metre to slow down, and a 4-metre testing zone. Divide 4 metres by the number of seconds it takes you to calculate your walking speed in metres per second. Use the same table to compare your result.

You can download instructions for both the 10- and 4-metre tests from the resource area.

Your health care provider may have you do this 4-Metre Walk Test or another test called the 'Timed Up & Go' as part of their assessment.

**DISCLAIMER:** The information in this video was accurate as of the upload date, October 14, 2025. This transcript has been provided for informational purposes only. They are not a substitute for advice from your own health care professional. This transcript may be reproduced for not-for-profit educational purposes only. Any other uses must be approved by the McMaster Optimal Aging Portal ([info@mcmasteroptimalaging.org](mailto:info@mcmasteroptimalaging.org)).