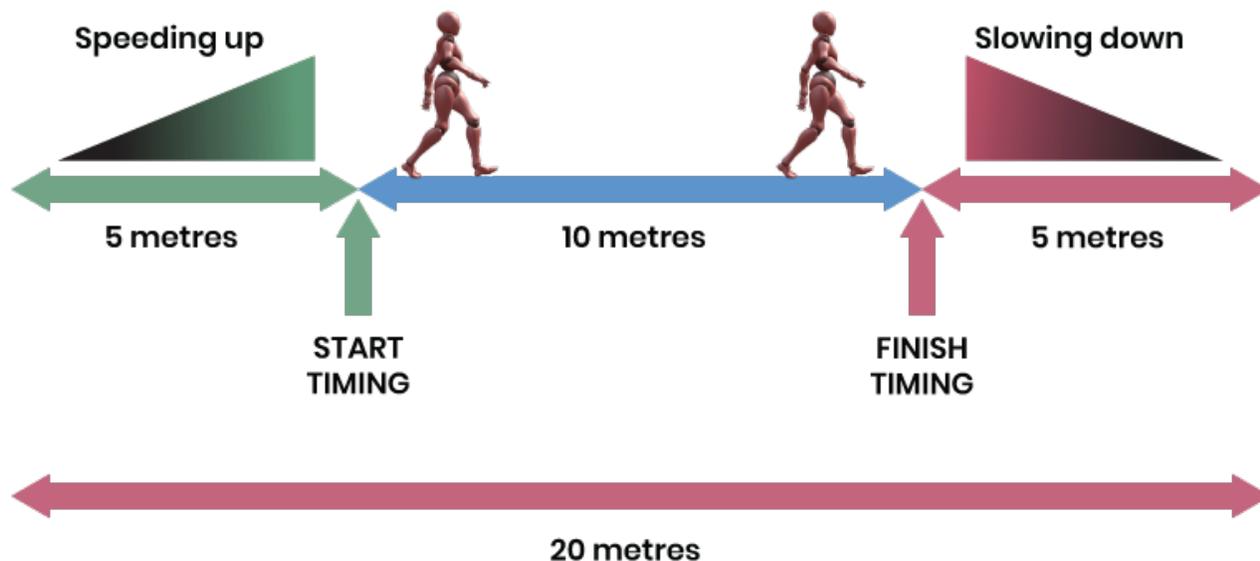


Measuring Walking Speed

10-Metre Walk Test

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 speed in metres/second. Compare your results to those in the table on page 2.

$$\begin{aligned}\text{Speed} &= \text{distance}/\text{time} \\ &= 10 \text{ metres}/\# \text{ of seconds}\end{aligned}$$

4-Metre Walk Test

If you would prefer to do the test at home or indoors, you can do a shorter 4-metre walk test. It is 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. As with the 10-metre test, divide 4 metres by the number of seconds it took you to determine your speed in metres/second. Compare your results to those in the table on page 2.

Measuring Walking Speed

Average Walking Speeds by Age and Sex

Use this table to determine how your walking speed compares to the average for your age group and sex. (Reference: Bohannon RW, Andrews AW. Physiotherapy 2011 Sep;97(3):182-9)

Sex	Age group	Average self-selected walking speed (metres/second)	Range within which the average value might fall (metres/second)
Women	40-49	1.39	(1.34-1.41)
	50-59	1.31	(1.22-1.41)
	60-69	1.24	(1.18-1.30)
	70-79	1.13	(1.07-1.19)
	80-89	0.94	(0.85-1.03)
Men	40-49	1.43	(1.35-1.51)
	50-59	1.43	(1.38-1.49)
	60-69	1.34	(1.26-1.41)
	70-79	1.26	(1.21-1.32)
	80-89	0.97	(0.83-1.10)

Use this table to track your walking speed.

Date	Walking speed (metres/second)

Use these tips to help improve your walking speed. Practice walking and consciously monitor your progress.

- Try to increase your speed safely for short distances.
- Walk forwards and practice changing directions, walking sideways then forwards and backwards.
- Perform dual-tasking activities such as walking carrying objects or walking while counting or listening to music.
- Walk on circular paths, clockwise and counter-clockwise; or paths that follow a figure-eight shape.
- Work on your strength, flexibility and overall fitness.