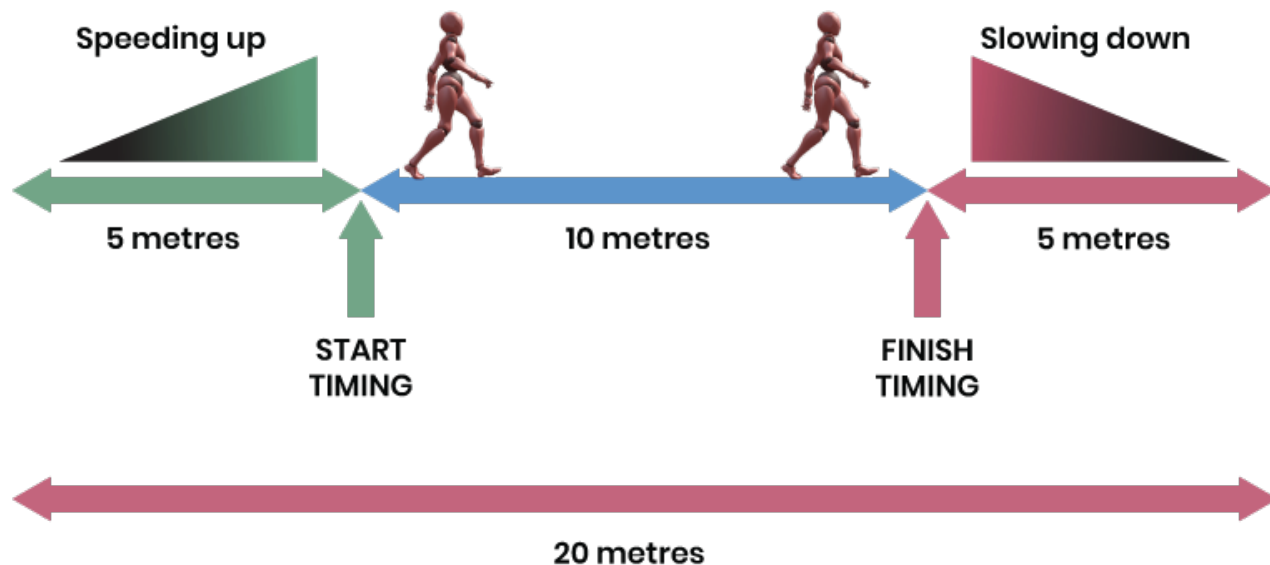


# Measuring Walking Speed

## 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.