

Estimate your walking speed:

After you're well warmed up during a walk, count how many steps you take in a minute of walking on level ground, or count how many steps you take in just 20 seconds and multiply by three. This is your step rate, in steps/minute. Find that figure under the appropriate column for your height in the Step Rate Table, and follow it to the right to determine your rough walking speed.

If you walk on a measured course or track simply time yourself for a mile and use that to estimate your speed in miles per hour, buy using column marked "Time to walk 1 mile."

Steps Rate Table – Estimated speed based on steps in a minute.

	<b>STEP RATE (steps/minute)</b>		<b>Time to walk 1 mile (min:sec)</b>	<b>Walking speed</b>
<b>Height &lt; 5'6"</b>	<b>Height 5'6" to 6'</b>	<b>Height &gt; 6'</b>		<b>(mph)</b>
100-110	95-105	90-100	30:00	2.0
105-115	100-110	95-105	24:00	2.5
110-120	105-115	100-110	20:00	3.0
120-130	115-125	110-120	17:10	3.5
130-140	125-135	120-130	15:00	4.0
140-150	135-145	130-140	13:20	4.5
155-165	150-160	145-155	12:00	5.0

### Estimate How Many Calories You Burn

The calories burned during walks depends on many things—your effort and fitness level, your body weight, the terrain, even the wind. So standard estimates of the calories you burn during exercise can vary widely. But based on averaged data and your body weight, you can at least *roughly* estimate calorie expenditure using the walking speed you've estimated based on your step rate. The table below estimates the calories burned

while walking for 30 minutes; use the weight column that's closest to yours, or estimate between the two closest values.

Estimated Calorie Burn – For 30 minutes of walking.

<b>Speed (mph)</b>	<b>Time to walk 1 mile (min:sec)</b>	<b>100 lbs</b>	<b>125 lbs</b>	<b>Body Weight 150 lbs.</b>	<b>175 lbs.</b>	<b>200 lbs.</b>	<b>250 lbs.</b>
2.0	30:00	63	80	95	110	126	158
2.5	24:00	73	92	110	128	147	183
3.0	20:00	86	108	129	151	172	215
3.5	17:10	103	128	154	180	205	257
4.0	15:00	125	156	187	218	250	311
4.5	13:20	154	193	231	270	308	385
5.0	12:00	196	245	293	342	391	490

Adapted with permission from “The Complete Guide to Walking for Health, Weight Loss, and Fitness,” by Mark Fenton (Lyons Press, 2008).