

One-Mile Walking Test

If you are thirty to sixty-nine years old and want to evaluate your general aerobic fitness level, walk one mile as fast as you can and time yourself. Compare your results with the following chart, devised by Dr. James Rippe and his colleagues at the University of Massachusetts.

<u>Category</u>	<u>Male (min:sec)</u>	<u>Female (min:sec)</u>
Excellent	less than 10:12	less than 11:40
Good	10:13 - 11:42	11:41 - 13:08
High average	11:43 - 13:13	13:09 - 14:36
Low average	13:14 - 14:44	14:37 - 16:04
Fair	14:45 - 16:23	16:05 - 17:31
Poor	more than 16:24	more than 17:32

How Fast Do You Walk?

Many people have no idea what their pace is as they are walking. One way to measure your speed is to use a pedometer. Or you can walk on a measured track. Here is another way to get a rough estimate of your speed: count how many steps you take per minute and compare the results with this table. (Table based on 2.5-foot-long stride).

WALKING SPEED CONVERSION TABLE

<u>Steps/minute</u>	<u>Minutes/mile</u>	<u>Mile/hour</u>
70	30	2
90	24	2.5
105	20	3
120	17	3.5
140	15	4
160	13	4.5
175	12	5
190	11	5.5
210+	less than 10	more than 6