

		Calories Burned During Walking				
Body Weight	Minutes	Casual	Moderate	Brisk	Very Brisk	Fast
		2.0 mph 30 min/mi	3.0 mph 20 min/mi	3.5 mph 17 min/mi	4.0 mph 15 min/mi	5.0 mph 12 min/mi
175	20	53	87	101	132	238
175	40	106	175	201	265	476
175	60	159	262	302	397	714
180	20	54	90	103	136	245
180	40	109	180	207	272	490
180	60	163	269	310	408	735
185	20	56	92	106	140	252
185	40	112	185	213	280	503
185	60	168	277	319	420	755
190	20	57	95	109	144	259
190	40	115	190	218	287	517
190	60	172	284	327	431	776
195	20	59	97	112	147	265
195	40	118	195	224	295	531
195	60	177	292	336	442	796
200	20	60	100	115	151	272
200	40	121	200	230	302	544
200	60	181	299	345	454	816
205	20	62	102	118	155	279
205	40	124	205	236	310	558
205	60	186	307	353	465	837
210	20	64	105	121	159	286
210	40	127	210	241	318	572
210	60	191	314	366	476	857
215	20	65	107	124	163	293
215	40	130	215	247	325	585
215	60	195	322	371	488	878
220	20	67	110	126	166	299
220	40	133	220	253	333	599
220	60	200	329	379	499	898
225	20	68	112	129	170	306
225	40	136	225	259	340	612
225	60	204	337	388	510	919
230	20	70	115	132	174	313
230	40	139	230	264	348	626
230	60	209	344	396	522	939
235	20	71	117	135	178	320
235	40	142	235	270	355	640
235	60	213	352	405	533	959
240	20	73	120	138	181	327
240	40	145	239	276	363	653
240	60	218	359	414	544	980
245	20	74	122	141	185	333
245	40	148	244	282	370	667
245	60	222	367	422	556	1000
250	20	76	125	144	189	340
250	40	151	249	287	378	680
250	60	227	374	431	567	1021

Source: ACE Physical Activity Calculator

### **Warm-up & Cool-down**

Be certain to sufficiently warm-up and cool-down. The preferred way to warm-up before, and cool-down following a walking exercise program is by walking at a slower pace than that used during the timed exercise session.

Five minutes for each of the warm-up and cool-down is adequate for most people. Do not count the warm-up and cool-down periods as part of your timed exercise session.

People with certain medical conditions may need longer than 5-minute warm-up and cool-down periods. Your personal physician is always your best source for this information.

### **Principle of Specificity**

The Principle of Specificity states that to be good at a physical activity, you must practice that activity. In other words, a highly fit biker or rower will not necessarily be a proficient high-intensity walker without practicing that exercise modality as well. References to "fit walker" and similar refer to someone who has practiced and attained a high level of fitness which is specific to exercise-paced walking.

### **Intensities**

The greater the intensity, the greater the benefit, calorie-wise. However, your training intensity should be matched to your fitness level. In this regard, it is highly unlikely that a new exercise walker can sustain an intensity greater than "Moderate" (20-minute mile). As walking fitness improves, so will the ability to sustain greater intensities. For a fit walker, walking a mile in 15 minutes ("Very Brisk") is an excellent pace, and sustaining this pace for 30 minutes is an excellent weight-loss program component.

### **Ratings of Perceived Exertion (RPE)**

The easiest way to fail and quickly abandon a new exercise program is to exceed your abilities by starting at an intensity which is beyond your fitness level for that activity.

There are two main RPE scales. The Original RPE scale uses a range of 6-20, and the Revised RPE scale uses a range of 0-10. My own Modified scale uses a range of 1-8 and eliminates some of the incongruities of the other RPE scales. The RPEs used herein are based on my 1-8 scale.

#### RPE

**3** (Easy): Beginning exerciser. Stay at this level 1-4 weeks, longer if necessary

**4** (Somewhat Hard): Intermediate exercise walker

**5** (Hard): An excellent, productive intensity for fit exercise walkers

### **Chart Colors**

Colors used on this chart for different intensities are for visual effect only, and there is no intent to infer degrees of difficulty or risk.

### **Data Source**

American Council on Exercise (ACE) physical activity calculator.