

Measure your fitness

The tables below will give you an indication of your level of fitness. Calculate your average speed in the first, and then check it against your age and gender in the second.

This table will help you to calculate your speed over 1 mile on good terrain. The right walking speed for you depends on your gender, age and fitness.

Time for walking one mile in minutes	30	25	20	15
Speed (miles per hour)	2	2.4	3	4

As many of the walks in this pack are significantly longer than a mile this information is probably only useful if you decide to test yourself over a level mile. ***You will find that there are many marked mile long sections along the Downs Link path, which runs through the Horsham District.***

The chart below indicates your fitness based on your average speed. The more smiles there are, the fitter you are.

Walking speed mph		Walking briskly and slightly out of breath				
		Age in years				
Men	Women	Up to 39	40-54	55-64	65-74	Age 75+
4.5	4.0	☺	☺	☺☺	☺☺	☺☺☺
4.0	3.5	☺	☺	☺☺	☺☺	☺☺
3.5	3.0	☹	☹	☺	☺	☺
3.0	2.5	☹	☹	☹	☹	☺
2.5	2.0	☹	☹	☹	☹	☹

This shows you roughly how many calories you will burn off by walking one mile.

Weight in stones	8	9.5	11	12.5	14	15.5
Calories used after walking 1 mile	64	79	93	107	120	136