



Training Program
In-Person or Self-Guided

Average Walking Speeds as one Ages and what is Good

Summary: On average, there is no significant difference between walking speeds of men and women across a wide age range. The average walking speed for both genders falls within 3.1-3.7 for ages of 20-60 and thereafter speed drops.

What is a Fit Person's Walking Pace: A fit person's walking pace can vary based on factors such as their age, fitness level, and individual characteristics, but generally is above the average for their age. So for most it is pace above 3.6 mph. .

Average Walking Speeds as on Ages and what is Good

I've included brisk walking in many of my programs, like Daily Moves, Low and Back Care, and even my Relaxation Program. **To me, it's the most important thing you can do for your health and fitness, and research supports this claim.** See studies below. Brisk walking entails moving at a pace above your usual speed, walking with purpose and determination. I suggest large arm motions as well. This form of moderate-intensity aerobic exercise not only increases your heart rate but also promotes cardiovascular fitness, enhances calorie expenditure, and potentially improves overall health and mental well-being.

Interestingly, as people age, their preferred walking pace tends to slow down. I've noticed the same with my average walking speed becoming slower. However, it's essential to remember that staying active and incorporating regular physical activity, even if the walking speed decreases, is still highly beneficial for overall well-being.

Now, let's talk about average walking speeds among different age groups and genders:

Average Walking Speeds by Age:

- Children (6-12 years): Around 3.0 to 4.5 km/h (1.9 to 2.8 mph)
- Adolescents (13-19 years): Around 4.0 to 5.0 km/h (2.5 to 3.1 mph)
- **Adults (20-59 years): Around 5.0 to 6.0 km/h (3.1 to 3.7 mph)**
- Older Adults (60+ years): Around 4.0 to 5.0 km/h (2.5 to 3.1 mph)

Average Walking Speeds by Gender: On average, there is no significant difference between walking speeds of men and women. The average walking speed for both genders falls within the ranges mentioned above for the corresponding age groups.

What is a Fit Person's Walking Pace: A fit person's walking pace can vary based on factors such as their age, fitness level, and individual characteristics, but generally is above the average for their age. So for most it is pace above 3.6 mph. .

If you have any concerns about your walking speed or overall fitness, it's always a good idea to consult with a healthcare professional or a fitness expert like us who can provide personalized guidance based on your specific needs and goals. Remember, the most important thing is to stay active and prioritize your health through regular physical activity like brisk walking.

Brisk Walking Studies: One study conducted by the American College of Sports Medicine and the American Heart Association provides updated recommendations for physical activity in adults. It emphasizes that brisk walking, as part of moderate-intensity aerobic exercise, can improve cardiovascular health and overall fitness. According to the study, adults should aim for at least 150 minutes of moderate-intensity aerobic activity, like brisk walking, per week to maintain good health. Another review article in the American Journal of Lifestyle Medicine discusses how walking can improve cardiovascular health, help with weight management, reduce the risk of chronic diseases like diabetes, and enhance mental well-being. The study concludes that walking is a simple and effective way to promote health and improve fitness.