

Difference between Walking and Running

Calories Expended through Walking and Running

The relative Net Calories Burnt of running a mile in 9:30 versus walking the same mile in 19:00. Male subjects burned 105 calories running, 52 walking; the women, 91 and 43. That is, running burns twice as many net calories per mile as walking. And since you can run two miles in the time it takes to walk one mile, running burns four times as many net calories per hour as walking.

Running burn twice the amount of calories than walking the same distance.

The walking formulas apply to speeds of 3 to 4 mph.

At 5 mph and faster, walking burns more calories than running at the same speed.

Running is high impact and strenuous compared to walking.

Ground reaction forces experienced running well exceed 2-3 times a person's body weight.

Compounded on this is that these forces are placed on one leg.

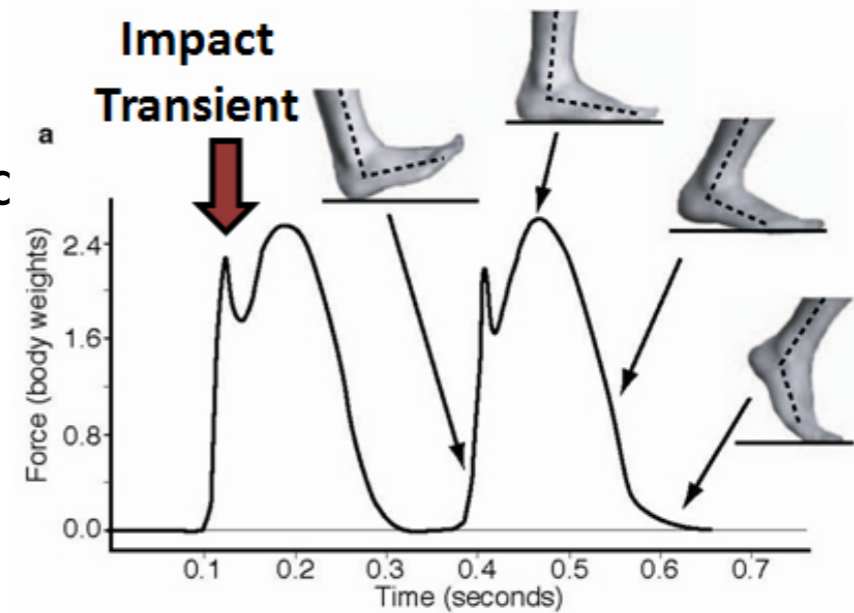
Running is also an intense form of exercise.

You can clearly understand this when looking at oxygen requirements during different running speeds. 1 MET is the amount of oxygen you need at rest. Running a slow mile is 9 METS; so you are doing 9x the work as compared to a resting state. Walking is 3-6 METS unless going very fast as mentioned.

Running can be dangerous if you do not do it right.

The good thing is research suggests that may not cause arthritis. It actually may prevent it. ([See article](#))

Recommend building up and keeping total miles below 15 to 18 miles per week to reduce injury research suggests. .



ACTIVITIES METS

REST	1.0
BILLIARDS	2.5
FISHING	2-4
BOWLING	2-4
TABLE TENNIS	3-5
WALKING	3-6
EXERCISE BIKE (LOW LEVELS)	3-6
VOLLEYBALL	3-6
LIGHT CONDITIONING EXERCISE	4-6
HANDBALL	3-7
DANCING (SOCIAL)	4-7
SKIING (WATER)	5-7
SKIING (DOWNHILL)	5-8
BASKETBALL (NON GAME)	3-9
TENNIS	4-9
STAIR CLIMBING	4-8
SWIMMING	4-8
AEROBIC DANCE	6-9
CLIMBING HILLS	5-10
HEAVY CONDITIONING EXERCISE	6-8
EXERCISE BIKE	6-12
SOCCER	6-12
SKIING (CROSS COUNTRY)	6-12
BASKETBALL (GAME)	7-12
SQUASH/RACQUETBALL	8-12
SNOW SHOEING	8-14
ROPE JUMPING (60-80 SKIPS/MIN)	9
RUNNING (12 MIN MILE)	8.7
RUNNING (11 MIN MILE)	9.4
RUNNING (10 MIN MILE)	10.2
RUNNING (9 MIN MILE)	11.2
RUNNING (8 MIN MILE)	12.5
RUNNING (7 MIN MILE)	14.1