

Walking and Jogging Speed

Name: _____

Aim: To determine your typical walking speed and jogging speed.

Equipment: tape measure or trundle wheel, stop watch, chalk

Method:

A: Walking

- Using a tape measure or a trundle wheel, measure out a distance of 10 metres and mark the beginning and the end of the distance with two small chalk marks.
- Starting from a few metres behind the start, begin walking at a comfortable speed.
- When you cross the start line begin the timer.
- When you cross the finish line, stop the timer.
- Record the time it took to walk the 10-metre distance.
- Do 3 trials, calculate the average time, and then calculate your average walking speed.

B: Jogging

- Repeat the steps above but jog the 10-metre distance instead.
- Fill in the second table.

Results:

Walking Speed					
Distance (m)	Times (s)				Average Speed (m/s)
	Trial 1	Trial 2	Trial 3	Average Time	
10 m					

I walk at about _____ m/s which is about _____ km/hr.

Jogging Speed					
Distance (m)	Times (s)				Average Speed (m/s)
	Trial 1	Trial 2	Trial 3	Average Time	
10 m					

In this prac, I jogged at about _____ m/s which is about _____ km/hr.

Questions:

1. Practise Question 1. How much time in minutes and seconds is 580 seconds?
2. Practise Question 2: How much time will it take someone (in minutes and seconds) to walk 1 km if the person walks at 1.43 m/s?
distance = 1 km = _____ m.
speed = 1.43 m/s
 $s = d/t \therefore t = d/s =$ _____
3. How much time will it take you (in minutes and seconds) to walk or jog 1 km?
WALK JOG