



Fall Prevention: Improving Walking Speed

Using a stopwatch, walk your normal pace for 2-5 minutes.

Then walk as fast as you can (safely) for 1 minute, then back to your normal pace for 1 minute. |

If you can, walk 20 minutes like this, alternating fast and normal paces every other minute.

This is known as interval training.

Walk your normal pace for the last 3-5 minutes.

As you progress over the weeks, challenge yourself more by walking faster for longer periods.

What if I can't walk 30 minutes?

If you can't walk 30 minutes, use the interval training technique, but adjust it to your ability.

For example, if you can only walk 3 minutes, walk your normal pace 1 minute, then speed up for 30 seconds, then back to your normal pace for 30 seconds, and so on.

Don't worry if you aren't walking for long periods of time. The important part is that you are practicing, and doing what you can do!

How fast (or slow) you walk, has been studied extensively. Walking speeds have been shown to predict hospitalization, discharge setting, fall risk, homebound status, and adverse health events in older adults.