

40m (4 x 10m) Fast Paced Walk Test Score Sheet

Verbal instruction:

For this test, do the best you can by going as fast as you can, without running, but don't push yourself to a point of overexertion or beyond what you think is safe for you.

1. Start with both feet on the start line.
2. On start, walk as quickly but as safely as possible, without running.
3. Walk to the mark 10m away, return to the start line, back again to the 10m mark, then return to the start line again so that you walk the 10m walkway 4 times in total.
4. Get ready and START".

Complete practice trial of 1-2 turns to check understanding.

Date	Assistive walking aid (list)	Time (seconds: 00.00)	Speed (40/time in seconds) (0.00 m/sec)	Adaptations
1. / /				<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
2. / /				<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
3. / /				<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
4. / /				<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
5. / /				<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused

Normal values

Normative fast speed reference values m/s (SD) for healthy adults ⁽¹⁾

Age decade	Maximal speeds (m/s) mean (SD) women	Converted time over 40m distance (s) women	Maximal speeds m/s mean (SD) men	Converted time over 40m distance (s) men
40s	2.12 (0.28)	18.87	2.46 (0.36)	16.26
50s	2.01 (0.26)	19.90	2.07 (0.45)	19.32
60s	1.77 (0.25)	22.60	1.93 (0.36)	20.73
70s	1.75 (0.28)	22.86	2.08 (19.6)	19.24

(Note: these values are for gait speed over 1 x 7.62m (25 ft) walk distance only and exclude acceleration and deceleration times. Participants were asked to walk as fast as they could without running)

1. Bohannon RW. Comfortable and maximum walking speed of adults aged 20-79 years: reference values and determinants. Age Ageing. 1997;26(1):15-9.