



Marie Murphy  
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**METs per hour/Walking**

Mins./mile	miles/per/hr.	METs/per/hr.	2 hrs./week	3 hrs./week	4 hrs./week	5 hrs./week
30	2 mph	3	6	9	12	15
28	2.1 mph	3.2	6.4	9.6	12.8	16
26	2.3 mph	3.3	6.6	9.9	13.2	16.5
24	2.5 mph	3.4	6.8	10.2	13.6	17
22	2.7 mph	3.6	7.2	10.8	14.4	18
20	3 mph	3.8	7.6	11.4	15.2	19
18	3.3 mph	4.1	8.2	12.3	16.4	20.5
16	3.7 mph	4.4	8.8	13.2	17.6	22
15	4 mph	4.6	9.2	13.8	18.4	23
14	4.3 mph	4.8	9.6	14.4	19.2	24
13	4.6 mph	5	10	15	20	25
12	5 mph	5.3	10.6	15.9	21.2	26.5
11	5.4 mph	5.7	11.4	17.1	22.8	28.5
10	6 mph	6.1	12.2	18.3	24.4	30.5

**METs per hour/Running**

Mins./mile	miles/per/hr.	METs/per/hr.	2 hrs./week	3 hrs./week	4 hrs./week	5 hrs./week
15	4 mph	7.1	14.2	21.3	28.4	35.5
14.5	4.1 mph	7.3	14.6	21.9	29.2	36.5
14	4.3 mph	7.6	15.2	22.8	30.4	38
13.5	4.4 mph	7.8	15.6	23.4	31.2	39
13	4.6 mph	8	16	24	32	40
12.5	4.8 mph	8.3	16.6	24.9	33.2	41.5
12	5 mph	8.6	17.2	25.8	34.4	43
11.5	5.2 mph	9	18	27	36	45
11	5.4 mph	9.4	18.8	28.2	37.6	47
10.5	5.7 mph	9.7	19.4	29.1	38.8	48.5
10	6 mph	10.2	20.4	30.6	40.8	51
9.5	6.3 mph	10.7	21.4	32.1	42.8	53.5
9	6.6 mph	11.2	22.4	33.6	44.8	56
8.5	7 mph	11.8	23.6	35.4	47.2	59
8	7.5 mph	12.5	25	37.5	50	62.5
7.5	8 mph	13.2	26.4	39.6	52.8	66
7	8.6 mph	14.1	28.2	42.3	56.4	70.5
6.5	9.2 mph	15.1	30.2	45.3	60.4	75.5
6	10 mph	16.3	32.6	48.9	65.2	81.5