

Table 2**6 Minute Walk Test Distance Conversion Table**

Standard estimates from 6MWD (feet walked) to METs

Based on ACSM metabolic prediction equation formula for horizontal walking.*

Distance in feet	Distance in meters	MPH	Meters·min ⁻¹	VO ₂ (ml·kg ⁻¹ ·min ⁻¹)	METs
500	152	.94	25	6.04	1.73
510	155	.96	26	6.09	1.74
520	159	.98	26	6.14	1.75
530	162	1.00	27	6.19	1.77
540	165	1.02	27	6.24	1.78
550	168	1.04	28	6.29	1.80
560	171	1.06	28	6.35	1.81
570	174	1.08	29	6.39	1.83
580	177	1.10	29	6.45	1.84
590	180	1.11	30	6.50	1.86
600	183	1.13	30	6.55	1.87
610	186	1.15	31	6.59	1.89
620	189	1.17	32	6.65	1.90
630	192	1.19	32	6.70	1.91
640	195	1.21	33	6.75	1.93
650	198	1.23	33	6.80	1.94
660	201	1.25	34	6.85	1.96
670	204	1.27	34	6.90	1.97
680	207	1.28	35	6.95	1.99
690	210	1.30	35	7.00	2.00
700	213	1.32	36	7.06	2.02
710	216	1.34	36	7.11	2.03
720	219	1.36	37	7.16	2.05
730	223	1.38	37	7.21	2.06
740	226	1.40	38	7.26	2.07
750	229	1.42	38	7.31	2.09
760	232	1.44	39	7.36	2.10
770	235	1.45	39	7.41	2.12
780	238	1.47	40	7.46	2.13
790	241	1.49	40	7.51	2.15
800	244	1.51	41	7.56	2.16
810	247	1.53	41	7.62	2.18
820	250	1.55	42	7.67	2.19
830	253	1.57	42	7.72	2.20
840	256	1.59	43	7.77	2.22
850	259	1.61	43	7.82	2.23
860	262	1.62	44	7.87	2.25
870	265	1.64	44	7.92	2.26
880	268	1.66	45	7.97	2.28
890	271	1.68	45	8.02	2.29
900	274	1.7	46	8.07	2.31

Distance in feet	Distance in meters	MPH	Meters·min ⁻¹	VO2(mi·kg ⁻¹ ·min ⁻¹)	METs
910	277	1.72	46	8.12	2.32
920	280	1.74	47	8.17	2.34
930	283	1.76	47	8.22	2.35
940	287	1.78	48	8.28	2.36
950	290	1.79	48	8.33	2.38
960	293	1.81	49	8.38	2.39
970	296	1.83	49	8.43	2.41
980	299	1.85	50	8.47	2.42
990	302	1.87	50	8.52	2.44
1000	305	1.89	51	8.58	2.45
1100	335	2.08	56	9.08	2.60
1200	366	2.26	61	9.59	2.74
1300	396	2.45	66	10.10	2.89
1400	427	2.64	71	10.61	3.03
1500	457	2.83	76	11.12	3.18
1600	488	3.02	81	11.62	3.32
1700	518	3.21	86	12.13	3.47
1800	549	3.40	91	12.64	3.61
1900	579	3.59	97	13.15	3.76
2000	610	3.70	102	13.66	3.90
2100	640	3.97	107	14.16	4.05
2200	671	4.16	112	14.67	4.19
2300	701	4.34	117	15.18	4.34
2400	732	4.53	122	15.69	4.48
2500	762	4.72	127	16.20	4.63
2600	792	4.91	132	16.70	4.77
2700	823	5.10	137	17.22	4.92
2800	853	5.29	142	17.72	5.06
2900	884	5.48	147	18.23	5.21
3000	914	5.67	152	18.74	5.35

Formula is most accurate for estimating MET levels for horizontal walking speeds between 1.9 to 3.7 mph (50-100 m·min⁻¹).

$$*VO_2 \text{ (METs)} = [0.1 \times \text{speed (m} \cdot \text{min}^{-1}) + 3.5\text{mLO}_2 \cdot \text{kg} \cdot \text{min}^{-1}] \div 3.5\text{mLO}_2 \cdot \text{kg} \cdot \text{min}^{-1}$$

ACSM's Guidelines for Exercise Testing and Prescription, 9th ed. Philadelphia, PA: Wolters Kluwer Lippincott Williams & Wilkins. 2014, p 173