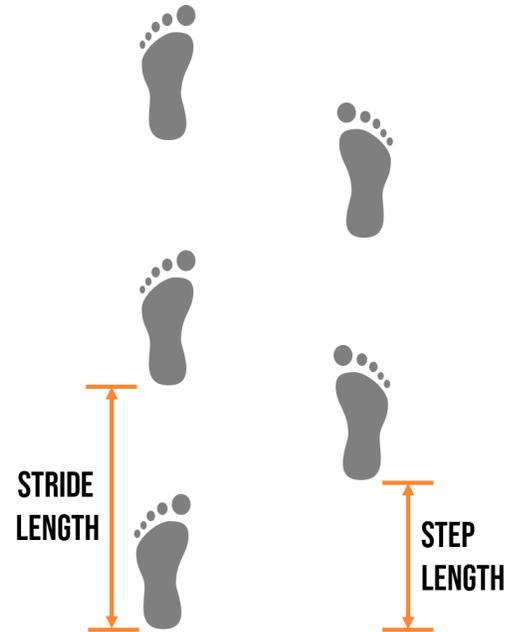# STEP AND STRIDE LENGTH

HOW TO CALCULATE YOURS

STEP LENGTH = Distance in feet/number of steps

1 Using the tape measure and chalk or masking tape, measure and mark off a specific distance, such as 20 feet.

2 Start walking about 10 feet before one of the marks to get up to speed in your natural walk.

3 When you hit the first mark, start counting your steps, stopping your count when you hit the second mark.

4 Divide the number of feet in your measured distance by the number of steps you took from the first mark to the second. For example, if it took you 16 steps to cover 20 feet, your step length would be 1.25 feet (15 inches).

STRIDE LENGTH

STEP LENGTH

STRIDE LENGTH = Distance in feet/number of strides

To calculate your walking stride length, divide the number of steps you took by 2 and divide that number into the measured distance. For example, if it took you 16 steps to cover 20 feet, divide the number of steps (16) by 2 to get the number of strides. Then take the answer (8) and divide it into the distance. In this case, you took 8 strides in 20 feet, so your stride length would be 2.5 feet (30 inches).

If you want a more accurate measurement, use a longer distance, do it multiple times, and take the average.
1. Mark your starting point and walk until you've counted 50 steps.
2. Mark the end of your last step.
3. Measure between the two marks.
4. Follow the same calculations as above.

Source: www.healthline.com | www.omnicalculator.com

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