

# Step rates per height table

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**This chart is a reference for the eBook: *42,000 Steps***

Series: Supercharge Your Walking Life

[Book 1: 42,000 Steps: 100 Simple Ways to Maximize Your Daily Step Count!](#)

[Book 2: Supercharged Walking: 20 Simple Methods to Help You Level Up Your Stride!](#)

**Casual:** 25 minutes to walk 1 mile.

Walking Speed: 2.4 mph ( 60 minutes / 25 minutes per mile )

**Medium:** 20 minutes to walk 1 mile.

Walking Speed: 3 mph ( 60 minutes / 20 minutes per mile )

**Brisk:** 15 minutes to walk 1 mile.

Walking Speed: 4 mph ( 60 minutes / 15 minutes per mile )

**4' 6" # of Steps to Walk 1 mile: 2841**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	568	710	947
10	1136	1420	1894
15	1704	2130	2841
20	2272	2841	3788
25	2841	3551	4735
30	3409	4261	5682
45	5113	6392	8523
60	6818	8523	11364

**4' 7" # of Steps to Walk 1 mile: 2789**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	557	697	929
10	1115	1394	1859
15	1673	2091	2789
20	2231	2789	3718
25	2789	3486	4648
30	3346	4183	5578
45	5020	6275	8367
60	6693	8367	11156

**4' 8" # of Steps to Walk 1 mile: 2739**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	547	684	913
10	1095	1369	1826
15	1643	2054	2739
20	2191	2739	3652
25	2739	3423	4565
30	3286	4108	5478
45	4930	6162	8217
60	6573	8217	10956

**4' 9" # of Steps to Walk 1 mile: 2691**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	538	672	897
10	1076	1345	1794
15	1614	2018	2691
20	2152	2691	3588
25	2691	3363	4485
30	3229	4036	5382
45	4843	6054	8073
60	6458	8073	10764

<b>4' 10" # of Steps to Walk 1 mile: 2645</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	529	661	881	
10	1058	1322	1763	
15	1587	1983	2645	
20	2116	2645	3526	
25	2645	3306	4408	
30	3174	3967	5290	
45	4761	5951	7935	
60	6348	7935	10580	

<b>4' 11" # of Steps to Walk 1 mile: 2600</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	520	650	866	
10	1040	1300	1733	
15	1560	1950	2600	
20	2080	2600	3466	
25	2600	3250	4333	
30	3120	3900	5200	
45	4680	5850	7800	
60	6240	7800	10400	

<b>5' 0" # of Steps to Walk 1 mile: 2556</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	511	639	852	
10	1022	1278	1704	
15	1533	1917	2556	
20	2044	2556	3408	
25	2556	3195	4260	
30	3067	3834	5112	
45	4600	5751	7668	
60	6134	7668	10224	

<b>5' 1" # of Steps to Walk 1 mile: 2514</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	502	628	838	
10	1005	1257	1676	
15	1508	1885	2514	
20	2011	2514	3352	
25	2514	3142	4190	
30	3016	3771	5028	
45	4525	5656	7542	
60	6033	7542	10056	

<b>5' 2" # of Steps to Walk 1 mile: 2474</b>			
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	494	618	824
10	989	1237	1649
15	1484	1855	2474
20	1979	2474	3298
25	2474	3092	4123
30	2968	3711	4948
45	4453	5566	7422
60	5937	7422	9896

<b>5' 3" # of Steps to Walk 1 mile: 2435</b>			
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	487	608	811
10	974	1217	1623
15	1461	1826	2435
20	1948	2435	3246
25	2435	3043	4058
30	2922	3652	4870
45	4383	5478	7305
60	5844	7305	9740

<b>5' 4" # of Steps to Walk 1 mile: 2397</b>			
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	479	599	799
10	958	1198	1598
15	1438	1797	2397
20	1917	2397	3196
25	2397	2996	3995
30	2876	3595	4794
45	4314	5393	7191
60	5752	7191	9588

<b>5' 5" # of Steps to Walk 1 mile: 2360</b>			
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	472	590	786
10	944	1180	1573
15	1416	1770	2360
20	1888	2360	3146
25	2360	2950	3933
30	2832	3540	4720
45	4248	5310	7080
60	5664	7080	9440

<b>5' 6" # of Steps to Walk 1 mile: 2324</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	464	581	774	
10	929	1162	1549	
15	1394	1743	2324	
20	1859	2324	3098	
25	2324	2905	3873	
30	2788	3486	4648	
45	4183	5229	6972	
60	5577	6972	9296	

<b>5' 7" # of Steps to Walk 1 mile: 2289</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	457	572	763	
10	915	1144	1526	
15	1373	1716	2289	
20	1831	2289	3052	
25	2289	2861	3815	
30	2746	3433	4578	
45	4120	5150	6867	
60	5493	6867	9156	

<b>5' 8" # of Steps to Walk 1 mile: 2256</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	451	564	752	
10	902	1128	1504	
15	1353	1692	2256	
20	1804	2256	3008	
25	2256	2820	3760	
30	2707	3384	4512	
45	4060	5076	6768	
60	5414	6768	9024	

<b>5' 9" # of Steps to Walk 1 mile: 2223</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	444	555	741	
10	889	1111	1482	
15	1333	1667	2223	
20	1778	2223	2964	
25	2223	2778	3705	
30	2667	3334	4446	
45	4001	5001	6669	
60	5335	6669	8892	

**5' 10" # of Steps to Walk 1 mile: 2191**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	438	547	730
10	876	1095	1460
15	1314	1643	2191
20	1752	2191	2921
25	2191	2738	3651
30	2629	3286	4382
45	3943	4929	6573
60	5258	6573	8764

**5' 11" # of Steps to Walk 1 mile: 2160**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	432	540	720
10	864	1080	1440
15	1296	1620	2160
20	1728	2160	2880
25	2160	2700	3600
30	2592	3240	4320
45	3888	4860	6480
60	5184	6480	8640

**6' 0" # of Steps to Walk 1 mile: 2130**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	426	532	710
10	852	1065	1420
15	1278	1597	2130
20	1704	2130	2840
25	2130	2662	3550
30	2556	3195	4260
45	3834	4792	6390
60	5112	6390	8520

**6' 1" # of Steps to Walk 1 mile: 2101**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	420	525	700
10	840	1050	1400
15	1260	1575	2101
20	1680	2101	2801
25	2101	2626	3501
30	2521	3151	4202
45	3781	4727	6303
60	5042	6303	8404

**6' 2" # of Steps to Walk 1 mile: 2073**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	414	518	691
10	829	1036	1382
15	1243	1554	2073
20	1658	2073	2764
25	2073	2591	3455
30	2487	3109	4146
45	3731	4664	6219
60	4975	6219	8292

**6' 3" # of Steps to Walk 1 mile: 2045**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	409	511	681
10	818	1022	1363
15	1227	1533	2045
20	1636	2045	2726
25	2045	2556	3408
30	2454	3067	4090
45	3681	4601	6135
60	4908	6135	8180

**6' 4" # of Steps to Walk 1 mile: 2018**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	403	504	672
10	807	1009	1345
15	1210	1513	2018
20	1614	2018	2690
25	2018	2522	3363
30	2421	3027	4036
45	3632	4540	6054
60	4843	6054	8072

**6' 5" # of Steps to Walk 1 mile: 1992**

Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	398	498	664
10	796	996	1328
15	1195	1494	1992
20	1593	1992	2656
25	1992	2490	3320
30	2390	2988	3984
45	3585	4482	5976
60	4780	5976	7968

<b>6' 6" # of Steps to Walk 1 mile: 1966</b>			
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	393	491	655
10	786	983	1310
15	1179	1474	1966
20	1572	1966	2621
25	1966	2457	3276
30	2359	2949	3932
45	3538	4423	5898
60	4718	5898	7864

<b>6' 7" # of Steps to Walk 1 mile: 1941</b>			
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	388	485	647
10	776	970	1294
15	1164	1455	1941
20	1552	1941	2588
25	1941	2426	3235
30	2329	2911	3882
45	3493	4367	5823
60	4658	5823	7764

<b>6' 8" # of Steps to Walk 1 mile: 1917</b>			
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	383	479	639
10	766	958	1278
15	1150	1437	1917
20	1533	1917	2556
25	1917	2396	3195
30	2300	2875	3834
45	3450	4313	5751
60	4600	5751	7668

<b>6' 9" # of Steps to Walk 1 mile: 1894</b>			
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)
5	378	473	631
10	757	947	1262
15	1136	1420	1894
20	1515	1894	2525
25	1894	2367	3156
30	2272	2841	3788
45	3409	4261	5682
60	4545	5682	7576



<b>6' 10" # of Steps to Walk 1 mile: 1870</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	374	467	623	
10	748	935	1246	
15	1122	1402	1870	
20	1496	1870	2493	
25	1870	2337	3116	
30	2244	2805	3740	
45	3366	4207	5610	
60	4488	5610	7480	

<b>6' 11" # of Steps to Walk 1 mile: 1848</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	369	462	616	
10	739	924	1232	
15	1108	1386	1848	
20	1478	1848	2464	
25	1848	2310	3080	
30	2217	2772	3696	
45	3326	4158	5544	
60	4435	5544	7392	

<b>7' 0" # of Steps to Walk 1 mile: 1826</b>				
Time (minutes)	Casual (steps)	Medium (steps)	Brisk (steps)	
5	365	456	608	
10	730	913	1217	
15	1095	1369	1826	
20	1460	1826	2434	
25	1826	2282	3043	
30	2191	2739	3652	
45	3286	4108	5478	
60	4382	5478	7304	

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