

Marie Murphy Health & Fitness

Consultant Exercise & Nutrition Specialist
 Former Irish Olympian
 murphyprogramme@gmail.com
 www.mariemurphyhealthfitness.com

METs per hour/Walking

Minutes/km	Km/hr.	METs/per/hr.	2 hrs./week	3 hrs./week	4 hrs./week	5 hrs./week
20:00	3km	3	6	9	12	15
15:00	4km	3.5	7	10.5	14	17.5
12:00	5km	4	8	12	16	20
10:00	6km	4.5	9	13.5	18	22.5
8:30	7km	5	10	15	20	25
7:30	8km	5.5	11	16.5	22	27.5
6:30	9km	6	12	18	24	30

METs per hour/Running

Minutes/km	Km/hr.	METs/per/hr.	2 hrs./week	3 hrs./week	4 hrs./week	5 hrs./week
10:00	6km	7.0	14	21	28	35
8:30	7km	7.5	15	22.5	30	37.5
7:30	8km	8.5	17	25.5	34	42.5
6:30	9km	9.5	19	28.5	38	47.5
6:00	10km	10.5	21	31.5	42	52.5
5:30	11km	11.5	23	34.5	46	57.5
5:00	12km	12.5	25	37.5	50	62.5
4:30	13km	13.5	27	40.5	54	67.5
4:15	14km	14.5	29	43.5	58	72.5

METs per hour/Cycling

Minutes/km	Km/hr.	METs/per/hr.	2 hrs./week	3 hrs./week	4 hrs./week	5 hrs./week
3:45	16km	4	8	12	16	20
3:10	19km	6	12	18	24	30
2:30	24km	8	16	24	32	40
1:50	32km	10	20	30	40	50
1:35	37km	12	24	36	48	60

METs per hour/Swimming

Metres/min	Effort	METs/per/hr.	2 hrs./week	3 hrs./week	4 hrs./week	5 hrs./week
45	Light	7	14	21	28	35
60	Medium	9	18	27	36	45
70	Vigorous	11	22	33	44	55

METs per hour/Various Activities

Sports	METs/per/hr.	2 hrs./week	3 hrs./week	4 hrs./week	5 hrs./week
Golf (walking)	4	8	12	16	20
Tennis Singles	5	10	15	20	25
Skating at 16km/hr.	5	10	15	20	25
Fast Step (Aerobics)	6	12	18	24	30
Rowing or Kayaking	7	14	21	28	35
Racquetball Singles	8	16	24	32	40
Cross country Skiing 6.4 km/hr.	9	18	27	36	45
Squash or Handball	10	20	30	40	50