



Pacing Chart

Work out how many double paces you walk per 100 metres. Fill the table accordingly.

Distance (m)	Normal Terrain	Rough Ground	Slippery/muddy conditions		
100					
200					
300					
400					
500					
600					
700					
800					
900					
1000					

Timing Chart

Distance (m)	3 kph	4 kph	5 kph	6 kph
1000	20	15	12	10
900	18	13.5	10.8	9
800	16	12	9.6	8
700	14	10.5	8.4	7
600	12	9	7.2	6
500	10	7.5	6	5
400	8	6	4.8	4
300	6	4.5	3.6	3
200	4	3	2.4	2
100	2	1.5	1.2	1

Remember timing is only a guide. You may wish to round up the figures to make the calculations easier.