

Table G10.A2. Comparison of Injury Rates Attributed to Walking and to Running/Jogging by Total Amount of Activity

Injury definition: Self-diagnosed and reported activity-related injury to muscle, tendon, bone, ligament, or joint (Colbert, 2000)(1)

Reported Level of Activity	Walking Estimated MET- min/wk	Walking Percent Injured	Walking Percent Injured per 100 MET- min/wk	Jogging/Running Estimated MET- min/wk	Jogging/Running Percent Injured	Jogging/Running Percent Injured per 100 MET- min/wk
<15 min/day	270 ¹	18% ²	6.7	700 ¹	21% ²	3.0
15-30 min/day	600 ¹	19% ²	3.2	1,570 ¹	29% ²	1.8
>30 min/day	930 ¹	16% ²	1.7	2,450 ¹	32% ²	1.3

Injury definition: Self-diagnosed and reported activity-related injury of any severity (Suter, 1994)(2)

Average Achieved Dose of Walking or Jogging	Walking Estimated MET- min/wk	Walking Percent Injured	Walking Percent Injured per 100 MET- min/wk	Jogging/Running Estimated MET- min/wk	Jogging/Running Percent Injured	Jogging/Running Percent Injured per 100 MET- min/wk
Walk 120 min/wk	600 ³	54%	9.0	–	–	–
Jog 90 min/wk	–	–	–	900 ³	75%	8.3

Injury definition: Self-diagnosed and reported activity-related injury interrupting activity for ≥7 days (Suter, 1994)(2)

Average Achieved Dose of Walking or Jogging	Walking Estimated MET- min/wk	Walking Percent Injured	Walking Percent Injured per 100 MET- min/wk	Jogging/Running Estimated MET- min/wk	Jogging/Running Percent Injured	Jogging/Running Percent Injured per 100 MET- min/wk
Walk 120 min/wk	600 ¹³	21%	3.5	–	–	–
Jog 90 min/wk	–	–	–	900 ³	25%	2.8

¹ Estimated metabolic equivalent (MET)-minutes/wk in Colbert study (1) assumes walking pace is 17 min/mile (3.8 METs) and running/jogging pace is 10 minutes/mile (10 METs).² Percent injured in Colbert study (1) is calculated from data provided in the article.³ Suter study (2) assumes walking pace is 4 mph (5 METs) and running/jogging pace is 10 minutes/mile (10 METs).

Reference List

- Colbert LH, Hootman JM, Macera CA. Physical activity-related injuries in walkers and runners in the aerobics center longitudinal study. Clin.J.Sport Med. 2000 Oct;10(4):259-63.
- Suter E, Marti B, Gutzwiller F. Jogging or walking--comparison of health effects. Ann.Epidemiol. 1994 Sep;4(5):375-81.