

TREADMILL PACE CHART

Treadmill Speed (mph)	Running Pace	Treadmill Speed (mph)	Running Pace	Treadmill Speed (mph)	Running Pace	Treadmill Speed (mph)	Running Pace
1.0	60:00	4.0	15:00	7.0	8:34	10.0	6:00
1.1	54:33	4.1	15:13	7.1	8:27	10.1	5:56
1.2	50:00	4.2	14:17	7.2	8:20	10.2	5:53
1.3	46:09	4.3	13:57	7.3	8:13	10.3	5:49
1.4	42:51	4.4	13:38	7.4	8:06	10.4	5:46
1.5	40:00	4.5	13:20	7.5	8:00	10.5	5:43
1.6	37:30	4.6	13:03	7.6	7:54	10.6	5:40
1.7	35:17	4.7	12:46	7.7	7:48	10.7	5:36
1.8	33:20	4.8	12:30	7.8	7:42	10.8	5:33
1.9	31:35	4.9	12:15	7.9	7:36	10.9	5:30
2.0	30:00	5.0	12:00	8.0	7:30	11.0	5:27
2.1	28:34	5.1	11:46	8.1	7:24	11.1	5:24
2.2	27:16	5.2	11:32	8.2	7:19	11.2	5:21
2.3	26:05	5.3	11:19	8.3	7:14	11.3	5:19
2.4	25:00	5.4	11:07	8.4	7:09	11.4	5:16
2.5	24:00	5.5	10:54	8.5	7:03	11.5	5:13
2.6	23:04	5.6	10:43	8.6	6:59	11.6	5:10
2.7	22:13	5.7	10:30	8.7	6:54	11.7	5:08
2.8	21:26	5.8	10:21	8.8	6:49	11.8	5:05
2.9	20:41	5.9	10:10	8.9	6:44	11.9	5:03
3.0	20:00	6.0	10:00	9.0	6:40	12.0	5:00
3.1	19:21	6.1	9:50	9.1	6:35	12.1	4:58
3.2	18:45	6.2	9:41	9.2	6:31	12.2	4:55
3.3	18:11	6.3	9:31	9.3	6:27	12.3	4:52
3.4	17:39	6.4	9:23	9.4	6:23	12.4	4:50
3.5	17:08	6.5	9:13	9.5	6:18	12.5	4:48
3.6	16:40	6.6	9:05	9.6	6:15	12.6	4:46
3.7	16:13	6.7	8:57	9.7	6:11	12.7	4:43
3.8	15:47	6.8	8:49	9.8	6:07	12.8	4:40
3.9	15:23	6.9	8:42	9.9	6:03	12.9	4:39