

TREADMILL PACE CHART

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Treadmill Speed (MPH)	Pace (mile)	Equivalent Paces by Incline										
		0%	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%
4	15:00	14:08	13:19	12:32	11:47	11:04	10:23	9:43	9:05	8:28	7:52	7:18
4.5	13:20	12:32	11:48	11:06	10:26	9:48	9:12	8:37	8:04	7:32	7:01	6:31
5	12:00	11:16	10:35	9:56	9:20	8:45	8:12	7:40	7:10	6:41	6:14	5:48
5.5	10:55	10:15	9:38	9:03	8:31	8:00	7:31	7:03	6:37	6:12	5:48	5:25
6	10:00	9:22	8:48	8:17	7:47	7:18	6:52	6:26	6:01	5:37	5:15	4:54
6.5	9:14	8:38	8:07	7:39	7:12	6:46	6:22	5:59	5:37	5:16	4:56	4:37
7	8:34	8:01	7:33	7:07	6:42	6:19	5:57	5:36	5:16	4:57	4:39	4:22
7.5	8:00	7:29	7:03	6:39	6:17	5:56	5:35	5:16	4:58	4:41	4:24	4:08
8	7:30	7:01	6:36	6:13	5:52	5:32	5:13	4:55	4:39	4:23	4:08	3:53
8.5	7:03	6:36	6:12	5:50	5:30	5:11	4:53	4:36	4:20	4:05	3:51	3:38
9	6:40	6:15	5:53	5:33	5:14	4:56	4:39	4:24	4:09	3:54	3:41	3:28
9.5	6:18	5:55	5:34	5:15	4:57	4:40	4:24	4:09	3:54	3:41	3:28	3:16
10	6:00	5:38	5:19	5:01	4:45	4:29	4:14	4:00	3:47	3:34	3:22	3:11
10.5	5:43	5:23	5:05	4:49	4:34	4:19	4:05	3:51	3:39	3:27	3:16	3:05
11	5:27	5:09	4:53	4:38	4:24	4:11	3:58	3:46	3:34	3:23	3:12	3:02
11.5	5:13	4:57	4:42	4:28	4:15	4:02	3:51	3:40	3:29	3:19	3:08	2:59
12	5:00	4:45	4:31	4:18	4:06	3:54	3:43	3:33	3:23	3:13	3:03	2:54