Treadmill Pace Chart

Effort-Based Treadmill Training Speeds

0–4% lab-tested · 5% untested · 6–10% harder than listed

rundida.com

Speed mph	Flat road pace per mile	Equivalent pace per mile at each incline										
		0%	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%
5.0	**12:00**	12:31	11:44	11:05	10:32	10:03	9:38	9:16	8:56	8:38	8:22	8:07
5.2	**11:32**	12:02	11:18	10:42	10:11	9:44	9:20	8:59	8:40	8:23	8:08	7:54
5.4	**11:07**	11:35	10:55	10:20	9:51	9:26	9:03	8:43	8:25	8:09	7:55	7:41
5.6	**10:43**	11:10	10:32	10:00	9:33	9:09	8:48	8:29	8:12	7:56	7:42	7:29
5.8	**10:21**	10:47	10:12	9:42	9:16	8:53	8:33	8:15	7:58	7:44	7:30	7:18
6.0	**10:00**	10:26	9:52	9:24	9:00	8:38	8:19	8:02	7:46	7:32	7:19	7:07
6.1	**9:50**	10:15	9:43	9:16	8:52	8:31	8:12	7:55	7:40	7:26	7:14	7:02
6.2	**9:41**	10:05	9:34	9:08	8:44	8:24	8:06	7:49	7:34	7:21	7:08	6:57
6.3	**9:31**	9:56	9:26	9:00	8:37	8:17	7:59	7:43	7:29	7:15	7:03	6:52
6.4	**9:23**	9:46	9:17	8:52	8:30	8:10	7:53	7:37	7:23	7:10	6:58	6:47
6.5	**9:14**	9:37	9:09	8:45	8:23	8:04	7:47	7:32	7:18	7:05	6:53	6:43
6.6	**9:05**	9:29	9:01	8:37	8:16	7:58	7:41	7:26	7:13	7:00	6:49	6:38
6.7	**8:57**	9:20	8:53	8:30	8:10	7:52	7:35	7:21	7:07	6:55	6:44	6:34
6.8	**8:49**	9:12	8:46	8:23	8:03	7:46	7:30	7:15	7:02	6:50	6:40	6:29
6.9	**8:42**	9:04	8:39	8:17	7:57	7:40	7:24	7:10	6:58	6:46	6:35	6:25
7.0	**8:34**	8:56	8:32	8:10	7:51	7:34	7:19	7:05	6:53	6:41	6:31	6:21
7.1	**8:27**	8:49	8:25	8:04	7:45	7:29	7:14	7:00	6:48	6:37	6:27	6:17
7.2	**8:20**	8:41	8:18	7:58	7:40	7:23	7:09	6:56	6:44	6:33	6:22	6:13
7.3	**8:13**	8:34	8:12	7:52	7:34	7:18	7:04	6:51	6:39	6:28	6:18	6:09
7.4	**8:06**	8:27	8:05	7:46	7:28	7:13	6:59	6:46	6:35	6:24	6:14	6:05
7.5	**8:00**	8:20	7:59	7:40	7:23	7:08	6:54	6:42	6:31	6:20	6:11	6:02
7.6	**7:54**	8:14	7:53	7:34	7:18	7:03	6:50	6:38	6:26	6:16	6:07	5:58
7.7	**7:48**	8:07	7:47	7:29	7:13	6:58	6:45	6:33	6:22	6:12	6:03	5:55
7.8	**7:42**	8:01	7:41	7:24	7:08	6:54	6:41	6:29	6:18	6:09	5:59	5:51
7.9	**7:36**	7:55	7:36	7:18	7:03	6:49	6:37	6:25	6:15	6:05	5:56	5:48
8.0	**7:30**	7:49	7:30	7:13	6:58	6:45	6:32	6:21	6:11	6:01	5:52	5:44
8.1	**7:24**	7:43	7:25	7:08	6:54	6:40	6:28	6:17	6:07	5:58	5:49	5:41
8.2	**7:19**	7:38	7:20	7:04	6:49	6:36	6:24	6:13	6:03	5:54	5:46	5:38
8.3	**7:14**	7:32	7:15	6:59	6:45	6:32	6:20	6:10	6:00	5:51	5:42	5:35
8.4	**7:09**	7:27	7:10	6:54	6:40	6:28	6:16	6:06	5:56	5:47	5:39	5:32
8.5	**7:04**	7:22	7:05	6:50	6:36	6:24	6:13	6:02	5:53	5:44	5:36	5:29

Treadmill Pace Chart

Effort-Based Treadmill Training Speeds

0–4% lab-tested | 5% untested | 6–10% harder than listed

rundida.com

Speed mph	Flat road pace per mile	Equivalent pace per mile at each incline										
		0%	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%
8.6	6:59	7:16	7:00	6:45	6:32	6:20	6:09	5:59	5:49	5:41	5:33	5:26
8.7	6:54	7:11	6:55	6:41	6:28	6:16	6:05	5:55	5:46	5:38	5:30	5:23
8.8	6:49	7:07	6:51	6:37	6:24	6:12	6:02	5:52	5:43	5:35	5:27	5:20
8.9	6:44	7:02	6:46	6:32	6:20	6:09	5:58	5:49	5:40	5:32	5:24	5:17
9.0	6:40	6:57	6:42	6:28	6:16	6:05	5:55	5:45	5:37	5:29	5:21	5:14
9.1	6:36	6:52	6:38	6:24	6:12	6:01	5:51	5:42	5:34	5:26	5:18	5:11
9.2	6:31	6:48	6:34	6:20	6:09	5:58	5:48	5:39	5:31	5:23	5:16	5:09
9.3	6:27	6:44	6:29	6:17	6:05	5:55	5:45	5:36	5:28	5:20	5:13	5:06
9.4	6:23	6:39	6:25	6:13	6:02	5:51	5:42	5:33	5:25	5:17	5:10	5:04
9.5	6:19	6:35	6:22	6:09	5:58	5:48	5:39	5:30	5:22	5:14	5:08	5:01
9.6	6:15	6:31	6:18	6:06	5:55	5:45	5:35	5:27	5:19	5:12	5:05	4:59
9.7	6:11	6:27	6:14	6:02	5:51	5:42	5:32	5:24	5:16	5:09	5:02	4:56
9.8	6:07	6:23	6:10	5:59	5:48	5:38	5:30	5:21	5:14	5:07	5:00	4:54
9.9	6:04	6:19	6:07	5:55	5:45	5:35	5:27	5:19	5:11	5:04	4:58	4:51
10.0	6:00	6:15	6:03	5:52	5:42	5:32	5:24	5:16	5:08	5:02	4:55	4:49
10.1	5:56	6:12	6:00	5:49	5:39	5:29	5:21	5:13	5:06	4:59	4:53	4:47
10.2	5:53	6:08	5:56	5:45	5:36	5:27	5:18	5:11	5:03	4:57	4:50	4:45
10.3	5:50	6:04	5:53	5:42	5:33	5:24	5:16	5:08	5:01	4:54	4:48	4:42
10.4	5:46	6:01	5:50	5:39	5:30	5:21	5:13	5:05	4:58	4:52	4:46	4:40
10.5	5:43	5:57	5:46	5:36	5:27	5:18	5:10	5:03	4:56	4:50	4:44	4:38
10.6	5:40	5:54	5:43	5:33	5:24	5:15	5:08	5:00	4:54	4:47	4:41	4:36
10.7	5:36	5:51	5:40	5:30	5:21	5:13	5:05	4:58	4:51	4:45	4:39	4:34
10.8	5:33	5:48	5:37	5:27	5:18	5:10	5:03	4:56	4:49	4:43	4:37	4:32
10.9	5:30	5:44	5:34	5:24	5:16	5:08	5:00	4:53	4:47	4:41	4:35	4:30
11.0	5:27	5:41	5:31	5:22	5:13	5:05	4:58	4:51	4:45	4:39	4:33	4:28
11.2	5:21	5:35	5:25	5:16	5:08	5:00	4:53	4:46	4:40	4:34	4:29	4:24
11.4	5:16	5:29	5:20	5:11	5:03	4:55	4:49	4:42	4:36	4:30	4:25	4:20
11.6	5:10	5:24	5:14	5:06	4:58	4:51	4:44	4:38	4:32	4:27	4:21	4:17
11.8	5:05	5:18	5:09	5:01	4:53	4:46	4:40	4:34	4:28	4:23	4:18	4:13
12.0	5:00	5:13	5:04	4:56	4:49	4:42	4:36	4:30	4:24	4:19	4:14	4:10