



TREADMILL PACE CONVERSION CHART

miles per hour (mph) to minutes per mile (min/mile)

www.relentlessforwardcommotion.com

TREADMILL SPEED (MPH)	RUNNING PACE (MIN/MILE)	TREADMILL SPEED (MPH)	RUNNING PACE (MIN/MILE)	TREADMILL SPEED (MPH)	RUNNING PACE (MIN/MILE)	TREADMILL SPEED (MPH)	RUNNING PACE (MIN/MILE)
3.0	20:00	5.5	10:54	8.0	7:30	10.5	5:43
3.1	19:21	5.6	10:43	8.1	7:24	10.6	5:40
3.2	18:45	5.7	10:30	8.2	7:19	10.7	5:36
3.3	18:11	5.8	10:21	8.3	7:14	10.8	5:33
3.4	17:39	5.9	10:10	8.4	7:09	10.9	5:30
3.5	17:08	6.0	10:00	8.5	7:03	11.0	5:27
3.6	16:40	6.1	9:50	8.6	6:58	11.1	5:24
3.7	16:13	6.2	9:41	8.7	6:54	11.2	5:21
3.8	15:47	6.3	9:31	8.8	6:49	11.3	5:19
3.9	15:23	6.4	9:23	8.9	6:44	11.4	5:16
4.0	15:00	6.5	9:13	9.0	6:40	11.5	5:13
4.1	14:38	6.6	9:05	9.1	6:35	11.6	5:10
4.2	14:17	6.7	8:57	9.2	6:31	11.7	5:08
4.3	13:57	6.8	8:49	9.3	6:27	11.8	5:05
4.4	13:38	6.9	8:42	9.4	6:23	11.9	5:03
4.5	13:20	7.0	8:34	9.5	6:18	12.0	5:00
4.6	13:03	7.1	8:27	9.6	6:15	12.1	4:58
4.7	12:46	7.2	8:20	9.7	6:11	12.2	4:55
4.8	12:30	7.3	8:13	9.8	6:07	12.3	4:52
4.9	12:15	7.4	8:06	9.9	6:03	12.4	4:50
5.0	12:00	7.5	8:00	10.0	6:00	12.5	4:48
5.1	11:46	7.6	7:54	10.1	5:56	12.6	4:46
5.2	11:32	7.7	7:48	10.2	5:53	12.7	4:43
5.3	11:19	7.8	7:42	10.3	5:49	12.8	4:40
5.4	11:07	7.9	7:36	10.4	5:46	12.9	4:39