



APPROXIMATE TREADMILL RUNNING PACE EQUIVALENT EFFORTS BASED ON % INCLINE

TREADMILL SPEED (MPH)	RUN PACE (MIN/MILE)	APPROX. PACE EQUIVALENT AT %											TREADMILL SPEED (MPH)	RUN PACE (MIN/MILE)	APPROX. PACE EQUIVALENT AT %										
		0%	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%			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	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
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	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
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	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
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	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
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	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
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	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
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	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
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	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
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	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
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	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
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	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
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