



Running Treadmill Speed

QUICK REFERENCE GUIDE

TREADMILL SPEED (MPH)	RUNNING PACE (MIN/MILE)
4.0	15:00
4.5	13:20
5.0	12:00
5.5	10:54
6.0	10:00
6.5	9:13
7.0	8:34
7.5	8:00
8.0	7:30
8.5	7:00