

Effort-based Treadmill Training Speeds

*Running Speed on a treadmill with no incline (zero percent) is actually slower than running on a flat road or track surface since it takes less effort because you do not have to overcome air resistance on a treadmill. The % numbers represent the percent grade of the treadmill.

MPH setting on a treadmill	Flat Road Pace *	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	8:45	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
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