|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Treadmill MPH setting** | **Pace per mile** | **Equivalent paces by 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 |
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| 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 |
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