

Equivalent Paces on Flat Ground for Various Treadmill Speed and Elevation Settings

This chart is intended to give an estimate of what the equivalent pace on flat ground (running with air resistance) would be for various treadmill settings of speed and elevation. For example, a speed setting of 7.5 mph corresponds to a pace of 8:00 min/mi. At 0% incline, this would be like running at an 8:20 pace outside with air resistance. A 1% incline would make the 8:00 treadmill pace feel more like an 8:00 pace outside.

Treadmill Speed (mph)	Pace (min/mi)	Equivalent Paces by Incline Percentage										
		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
7.2	8:20	8:41	8:18	7:58	7:40	7:23	7:09	6:56	6:44	6:33	6:22	6:13
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