

Treadmill Pace Chart: Find Your Perfect Speed (2025 Guide)

This chart helps you quickly convert treadmill speeds, whether in miles per hour (MPH) or kilometers per hour (KPH), into standard running paces per mile or kilometer. You'll also see an estimated effort level for each speed, which is great for planning workouts or understanding how different speeds feel.

SPEED (MPH) ↑↓	SPEED (KPH) ↑↓	PACE (MIN/MILE) ↑↓	PACE (MIN/KM) ↑↓	EFFORT LEVEL ↑↓
2.0	3.2	30:00	18:38	Gentle Walk / Warm-up
2.5	4.0	24:00	14:56	Leisurely Walk
3.0	4.8	20:00	12:25	Brisk Walk / Power Walk
3.5	5.6	17:09	10:39	Very Brisk Walk / Light Jog
4.0	6.4	15:00	09:19	Easy Jog / Recovery Run
4.5	7.2	13:20	08:16	Moderate Jog
5.0	8.0	12:00	07:27	Steady Run / Base Pace
5.5	8.8	10:55	06:47	Comfortable Run / Tempo Prep
6.0	9.7	10:00	06:13	Tempo Run / Challenging
6.5	10.5	09:14	05:45	Strong Tempo / Threshold
7.0	11.3	08:34	05:19	Fast Run / Interval Pace
7.5	12.1	08:00	04:58	Very Fast Run / Race Pace
8.0	12.9	07:30	04:39	Sprint / High-Intensity
9.0	14.5	06:40	04:08	Max Sprint / All-out Effort
10.0	16.1	06:00	03:44	Elite Sprint / HIIT Max
12.0	19.3	05:00	03:06	Olympic Pace / Max Treadmill

16 rows