

Treadmill Pace Chart



Treadmill Speed (mph) Walking pace (min/mile)

Treadmill speed	Walking pace	Typical Activity Level
2.0	30:00	Very leisurely stroll
2.5	24:00	Gentle walking
3.0	20:00	Moderate walking
3.2	18:45	Brisk walking
3.5	17:09	Fast walking
3.7	16:12	Very fast walking
4.0	15:00	Power walking