

The Treadmill Cheat Sheet

Speed Conversions, Pace Times and Target Distances

MPH	km/hr	Min/Mi	Min/Km	3 mi	5 km	8 km	10 km	1/2 mar.	Marathon
3.0	4.8	0:20:00	0:12:26	1:00:00	1:02:08	1:39:25	2:04:16	4:22:13	8:44:26
3.2	5.1	0:18:45	0:11:39	0:56:15	0:58:15	1:33:12	1:56:30	4:05:50	8:11:40
3.4	5.5	0:17:39	0:10:58	0:52:56	0:54:50	1:27:43	1:49:39	3:51:22	7:42:44
3.6	5.8	0:16:40	0:10:21	0:50:00	0:51:47	1:22:51	1:43:34	3:38:31	7:17:02
3.8	6.1	0:15:47	0:09:49	0:47:22	0:49:03	1:18:29	1:38:07	3:27:01	6:54:02
4.0	6.4	0:15:00	0:09:19	0:45:00	0:46:36	1:14:34	1:33:12	3:16:40	6:33:20
4.2	6.8	0:14:17	0:08:53	0:42:51	0:44:23	1:11:01	1:28:46	3:07:18	6:14:36
4.4	7.1	0:13:38	0:08:28	0:40:55	0:42:22	1:07:47	1:24:44	2:58:47	5:57:34
4.6	7.4	0:13:03	0:08:06	0:39:08	0:40:31	1:04:50	1:21:03	2:51:01	5:42:01
4.8	7.7	0:12:30	0:07:46	0:37:30	0:38:50	1:02:08	1:17:40	2:43:53	5:27:46
5.0	8.0	0:12:00	0:07:27	0:36:00	0:37:17	0:59:39	1:14:34	2:37:20	5:14:40
5.2	8.4	0:11:32	0:07:10	0:34:37	0:35:51	0:57:21	1:11:42	2:31:17	5:02:34
5.4	8.7	0:11:07	0:06:54	0:33:20	0:34:31	0:55:14	1:09:02	2:25:41	4:51:21
5.6	9.0	0:10:43	0:06:39	0:32:09	0:33:17	0:53:16	1:06:35	2:20:28	4:40:57
5.8	9.3	0:10:21	0:06:26	0:31:02	0:32:08	0:51:25	1:04:17	2:15:38	4:31:16
6.0	9.7	0:10:00	0:06:13	0:30:00	0:31:04	0:49:43	1:02:08	2:11:07	4:22:13
6.2	10.0	0:09:41	0:06:01	0:29:02	0:30:04	0:48:06	1:00:08	2:06:53	4:13:46
6.4	10.3	0:09:22	0:05:50	0:28:07	0:29:08	0:46:36	0:58:15	2:02:55	4:05:50
6.6	10.6	0:09:05	0:05:39	0:27:16	0:28:15	0:45:11	0:56:29	1:59:11	3:58:23
6.8	10.9	0:08:49	0:05:29	0:26:28	0:27:25	0:43:52	0:54:50	1:55:41	3:51:22
7.0	11.3	0:08:34	0:05:20	0:25:43	0:26:38	0:42:36	0:53:16	1:52:23	3:44:46
7.2	11.6	0:08:20	0:05:11	0:25:00	0:25:53	0:41:25	0:51:47	1:49:15	3:38:31
7.4	11.9	0:08:06	0:05:02	0:24:19	0:25:11	0:40:18	0:50:23	1:46:18	3:32:37
7.6	12.2	0:07:54	0:04:54	0:23:41	0:24:32	0:39:15	0:49:03	1:43:30	3:27:01
7.8	12.6	0:07:42	0:04:47	0:23:05	0:23:54	0:38:14	0:47:48	1:40:51	3:21:42
8.0	12.9	0:07:30	0:04:40	0:22:30	0:23:18	0:37:17	0:46:36	1:38:20	3:16:40
8.2	13.2	0:07:19	0:04:33	0:21:57	0:22:44	0:36:22	0:45:28	1:35:56	3:11:52
8.4	13.5	0:07:09	0:04:26	0:21:26	0:22:12	0:35:30	0:44:23	1:33:39	3:07:18
8.6	13.8	0:06:59	0:04:20	0:20:56	0:21:41	0:34:41	0:43:21	1:31:28	3:02:57
8.8	14.2	0:06:49	0:04:14	0:20:27	0:21:11	0:33:54	0:42:22	1:29:24	2:58:47
9.0	14.5	0:06:40	0:04:09	0:20:00	0:20:43	0:33:08	0:41:25	1:27:24	2:54:49
9.2	14.8	0:06:31	0:04:03	0:19:34	0:20:16	0:32:25	0:40:31	1:25:30	2:51:01
9.4	15.1	0:06:23	0:03:58	0:19:09	0:19:50	0:31:44	0:39:40	1:23:41	2:47:22
9.6	15.4	0:06:15	0:03:53	0:18:45	0:19:25	0:31:04	0:38:50	1:21:57	2:43:53
9.8	15.8	0:06:07	0:03:48	0:18:22	0:19:01	0:30:26	0:38:03	1:20:16	2:40:33
10.0	16.1	0:06:00	0:03:44	0:18:00	0:18:38	0:29:50	0:37:17	1:18:40	2:37:20
10.2	16.4	0:05:53	0:03:39	0:17:39	0:18:17	0:29:14	0:36:33	1:17:07	2:34:15
10.4	16.7	0:05:46	0:03:35	0:17:18	0:17:55	0:28:41	0:35:51	1:15:38	2:31:17
10.6	17.1	0:05:40	0:03:31	0:16:59	0:17:35	0:28:08	0:35:10	1:14:13	2:28:26
10.8	17.4	0:05:33	0:03:27	0:16:40	0:17:16	0:27:37	0:34:31	1:12:50	2:25:41
11.0	17.7	0:05:27	0:03:23	0:16:22	0:16:57	0:27:07	0:33:54	1:11:31	2:23:02
11.2	18.0	0:05:21	0:03:20	0:16:04	0:16:39	0:26:38	0:33:17	1:10:14	2:20:28
11.4	18.3	0:05:16	0:03:16	0:15:47	0:16:21	0:26:10	0:32:42	1:09:00	2:18:01
11.6	18.7	0:05:10	0:03:13	0:15:31	0:16:04	0:25:43	0:32:08	1:07:49	2:15:38
11.8	19.0	0:05:05	0:03:10	0:15:15	0:15:48	0:25:17	0:31:36	1:06:40	2:13:20
12.0	19.3	0:05:00	0:03:06	0:15:00	0:15:32	0:24:51	0:31:04	1:05:33	2:11:07

The Treadmill Cheat Sheet

Target Distance Conversions

Miles	km	Miles	km
0.5	0.8	13.5	21.7
1.0	1.6	14.0	22.5
1.5	2.4	14.5	23.3
2.0	3.2	15.0	24.1
2.5	4.0	15.5	24.9
3.0	4.8	16.0	25.7
3.5	5.6	16.5	26.6
4.0	6.4	17.0	27.4
4.5	7.2	17.5	28.2
5.0	8.0	18.0	29.0
5.5	8.9	18.5	29.8
6.0	9.7	19.0	30.6
6.5	10.5	19.5	31.4
7.0	11.3	20.0	32.2
7.5	12.1	20.5	33.0
8.0	12.9	21.0	33.8
8.5	13.7	21.5	34.6
9.0	14.5	22.0	35.4
9.5	15.3	22.5	36.2
10.0	16.1	23.0	37.0
10.5	16.9	23.5	37.8
11.0	17.7	24.0	38.6
11.5	18.5	24.5	39.4
12.0	19.3	25.0	40.2
12.5	20.1	25.5	41.0
13.0	20.9	26.0	41.8
13.11	21.1	26.22	42.2

400 Meter Track Workout			
Laps	Miles	Laps	Miles
1	0.25	16	4.00
2	0.50	17	4.25
3	0.75	18	4.50
4	1.00	19	4.75
5	1.25	20	5.00
6	1.50	21	5.25
7	1.75	22	5.50
8	2.00	23	5.75
9	2.25	24	6.00
10	2.50	25	6.25
11	2.75	26	6.50
12	3.00	27	6.75
13	3.25	28	7.00
14	3.50	29	7.25
15	3.75	30	7.50

km	Miles	km	Miles
0.5	0.31	21.5	13.36
1.0	0.62	22.0	13.67
1.5	0.93	22.5	13.98
2.0	1.24	23.0	14.29
2.5	1.55	23.5	14.60
3.0	1.86	24.0	14.91
3.5	2.17	24.5	15.22
4.0	2.49	25.0	15.53
4.5	2.80	25.5	15.84
5.0	3.11	26.0	16.16
5.5	3.42	26.5	16.47
6.0	3.73	27.0	16.78
6.5	4.04	27.5	17.09
7.0	4.35	28.0	17.40
7.5	4.66	28.5	17.71
8.0	4.97	29.0	18.02
8.5	5.28	29.5	18.33
9.0	5.59	30.0	18.64
9.5	5.90	30.5	18.95
10.0	6.21	31.0	19.26
10.5	6.52	31.5	19.57
11.0	6.84	32.0	19.88
11.5	7.15	32.5	20.19
12.0	7.46	33.0	20.51
12.5	7.77	33.5	20.82
13.0	8.08	34.0	21.13
13.5	8.39	34.5	21.44
14.0	8.70	35.0	21.75
14.5	9.01	35.5	22.06
15.0	9.32	36.0	22.37
15.5	9.63	36.5	22.68
16.0	9.94	37.0	22.99
16.5	10.25	37.5	23.30
17.0	10.56	38.0	23.61
17.5	10.87	38.5	23.92
18.0	11.18	39.0	24.23
18.5	11.50	39.5	24.54
19.0	11.81	40.0	24.85
19.5	12.12	40.5	25.17
20.0	12.43	41.0	25.48
20.5	12.74	41.5	25.79
21.0	13.05	42.0	26.10
21.1	13.11	42.2	26.22

1 Mile	1.6093 Kilometers
1 Km	0.6214 Miles