Turn pace into treadmill speed

Treadmills display speed. Runners often think in minutes and seconds. Mixing those formats changes the conversion.

Worked example

> 8:30 per mile = 8 + 30/60 = 8.5 min/mile. 60/8.5 = 7.06 mph, about 7.1 mph. At 1.609344 km per mile, that is 11.36 km/h. Treating 8:30 as 8.3 gives 7.23 mph: a different speed.

Your turn

1. Write your pace in minutes and seconds. Divide seconds by 60 before adding minutes.
2. Calculate 60 ÷ decimal minutes for mph (or km/h if the pace is per km).
3. Check the belt setting, then use effort and comfort to adjust. A display is not a calibration certificate.

What I observed / what I will check next

Arithmetic conversion. Incline does not change belt speed. Educational worksheet, not an individualized training prescription.

Method / rules: Speed-to-pace calculation.

Full explanation, current sources and related tools:
brenoamelo.com/calculators/treadmill-pace

Prepared 26 October 2026 · Keep personal notes private. Discuss your goal with breno@brenoamelo.com.