

2.5 METs		
Elapsed Time	Grade	Speed
Start	0% Grade	1.6 mph
2:00	0% Grade	1.8 mph
12:00	0% Grade	2.0 mph
23:00	0% Grade	1.8 mph
25:00	Cool Down and Stop	

3 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.0 mph
3:00	0% grade	2.2 mph
5:00	1% grade	2.2 mph
15:00	0% grade	2.4 mph
23:00	0% grade	2.2 mph
25:00	Cool Down and Stop	

3.5 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.0 mph
3:00	0% grade	2.2 mph
5:00	2% grade	2.4 mph
15:00	1% grade	2.6 mph
23:00	0% grade	2.4 mph
25:00	Cool Down and Stop	

4 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.2 mph
2:00	0% grade	2.4 mph
4:00	1% grade	2.6 mph
6:00	2.5% grade	2.6 mph
12:00	2.5% grade	2.8 mph
22:00	1% grade	2.6 mph
24:00	0% grade	2.4 mph
25:00	Cool Down and Stop	

4.5 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.4 mph
2:00	0% grade	2.6 mph
4:00	1% grade	2.6 mph
6:00	2.5% grade	2.6 mph
12:00	3.5% grade	2.8 mph
20:00	2.5% grade	2.8 mph
22:00	1% grade	2.6 mph
24:00	0% grade	2.6 mph
25:00	Cool Down and Stop	

4.7 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.4 mph
2:00	0% grade	2.6 mph
5:00	3% grade	2.8 mph
13:00	3.5% grade	3.0 mph
23:00	1% grade	2.6 mph
24:00	0% grade	2.4 mph
25:00	Cool Down and Stop	

5 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.4 mph
2:00	0% grade	2.6 mph
4:00	1% grade	2.8 mph
6:00	3% grade	2.8 mph
8:00	4% grade	3.0 mph
18:00	3% grade	3.0 mph
22:00	1% grade	2.8 mph
24:00	0% grade	2.6 mph
25:00	Cool Down and Stop	

5.5 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.4 mph
2:00	0% grade	2.6 mph
5:00	2% grade	2.8 mph
7:00	4% grade	3.0 mph
10:00	5% grade	3.0 mph
18:00	3% grade	2.6 mph
22:00	0% grade	2.6 mph
25:00	Cool Down and Stop	

6 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.6 mph
2:00	0% grade	2.8 mph
4:00	2% grade	2.8 mph
6:00	4% grade	3.0 mph
8:00	6% grade	3.2 mph
16:00	5% grade	3.2 mph
22:00	2% grade	3.2 mph
24:00	0% grade	2.8 mph
25:00	Cool Down and Stop	

6.5 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.6
2:00	0% grade	2.8
4:00	2% grade	2.8
6:00	4% grade	3.0
8:00	6% grade	3.2
12:00	7% grade	3.2
18:00	5% grade	3.2
21:00	2% grade	3.2
23:00	0% grade	2.8
25:00	Cool Down and Stop	

7.5 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.6 mph
2:00	0% grade	3.0 mph
4:00	2% grade	3.0 mph
6:00	4% grade	3.2 mph
8:00	6% grade	3.4 mph
10:00	7% grade	3.4 mph
18:00	6% grade	3.4 mph
20:00	5% grade	3.4 mph
22:00	2% grade	3.2 mph
24:00	0% grade	2.8 mph
25:00	Cool Down and Stop	

7.5 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.6 mph
2:00	0% grade	3.0 mph
4:00	2% grade	3.0 mph
6:00	4% grade	3.2 mph
8:00	6% grade	3.4 mph
10:00	7% grade	3.5 mph
14:00	8% grade	3.5 mph
18:00	7% grade	3.4 mph
21:00	5% grade	3.4 mph
22:00	2% grade	3.2 mph
24:00	0% grade	2.8 mph
25:00	Cool Down and Stop	

8 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.6 mph
2:00	0% grade	3.0 mph
4:00	3% grade	3.0 mph
6:00	5% grade	3.2 mph
8:00	7% grade	3.4 mph
12:00	9% grade	3.5 mph
18:00	7% grade	3.5 mph
20:00	5% grade	3.5 mph
22:00	2% grade	3.2 mph
24:00	0% grade	2.8 mph
25:00	Cool Down and Stop	

9 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.6 mph
2:00	0% grade	3.0 mph
4:00	3% grade	3.0 mph
6:00	5% grade	3.2 mph
8:00	7% grade	3.6 mph
10:00	10% grade	3.8 mph
18:00	9% grade	3.8 mph
20:00	5% grade	3.8 mph
22:00	3% grade	3.4 mph
24:00	0% grade	3.0 mph
25:00	Cool Down and Stop	

9.5 METs		
Elapsed Time	Grade	
Start	0% grade	2.6
2:00	0% grade	3.0
4:00	3% grade	3.0
6:00	5% grade	3.2
8:00	7% grade	3.6
10:00	10% grade	3.8
14:00	10% grade	4.0
18:00	9% grade	3.8
20:00	5% grade	3.8
22:00	3% grade	3.4
24:00	0% grade	3.0
25:00	Cool Down and Stop	

10 METs		
Elapsed Time	Grade	Speed
Start	0% grade	2.6 mph
2:00	0% grade	3.0 mph
4:00	3% grade	3.0 mph
5:00	5% grade	3.2 mph
6:00	7% grade	3.6 mph
8:00	10% grade	3.8 mph
10:00	10% grade	4.0 mph
14:00	11% grade	4.0 mph
18:00	9% grade	3.8 mph
20:00	5% grade	3.8 mph
22:00	3% grade	3.4 mph
24:00	0% grade	3.0 mph
25:00	Cool Down and Stop	