

Steps to Miles Chart

Distances are approximate and will vary based on the individual, pace, stride and length of legs

Step Goal	Miles
500	.25
1,000	.50
1,500	.75
2,000	1
2,500	1.25
3,000	1.5
3,500	1.75
4,000	2
4,500	2.25
5,000	2.5
5,500	2.75
6,000	3
6,500	3.25
7,000	3.5
7,500	3.75
8,000	4
8,500	4.25
9,000	4.5
9,500	4.75
10,000 steps	5 miles

Step Goal	Miles
10,500	5.25
11,000	5.5
11,500	5.75
12,000	6
12,500	6.25
13,000	6.5
13,500	6.75
14,000	7
14,500	7.25
15,000	7.5
15,500	7.75
16,000	8
16,500	8.25
17,000	8.5
17,500	8.75
18,000	9
18,500	9.25
19,000	9.5
19,500	9.75
20,000	10 miles

Running Diva Mom

runningdivamom@yahoo.com www.runningdivamom.com

"... Don't fear moving forward ... Fear standing still ..."