

SWIMMING FIELD TEST PACE CHART

300 Swim Time	Base Pace per 100	300 Swim Time	Average pace per 100
2:42:00	:54	5:03:00	1:41:00
2:25:00	:55	5:06:00	1:42:00
2:48:00	:56	5:09:00	1:43:00
2:51:00	:57	5:12:00	1:44:00
<u>2:54:00</u>	<u>:58</u>	<u>5:15:00</u>	<u>1:45:00</u>
2:57:00	:59	5:18:00	1:46:00
3:00:00	1:00:00	5:21:00	1:47:00
3:03:00	1:01:00	5:24:00	1:48:00
3:06:00	1:02:00	5:27:00	1:49:00
<u>3:09:00</u>	<u>1:03:00</u>	<u>5:30:00</u>	<u>1:50:00</u>
3:12:00	1:04:00	5:33:00	1:51:00
3:15:00	1:05:00	5:36:00	1:52:00
3:18:00	1:06:00	5:39:00	1:53:00
3:21:00	1:07:00	5:42:00	1:54:00
<u>3:24:00</u>	<u>1:08:00</u>	<u>5:45:00</u>	<u>1:55:00</u>
3:27:00	1:09:00	5:48:00	1:56:00
3:30:00	1:10:00	5:51:00	1:57:00
3:33:00	1:11:00	5:54:00	1:58:00
3:36:00	1:12:00	5:57:00	1:59:00
<u>3:39:00</u>	<u>1:13:00</u>	<u>6:00:00</u>	<u>2:00:00</u>
3:42:00	1:14:00	6:03:00	2:01:00
3:45:00	1:15:00	6:06:00	2:02:00
3:48:00	1:16:00	6:09:00	2:03:00
3:51:00	1:17:00	6:12:00	2:04:00
<u>3:54:00</u>	<u>1:18:00</u>	<u>6:15:00</u>	<u>2:05:00</u>
3:57:00	1:19:00	6:18:00	2:06:00
4:00:00	1:20:00	6:21:00	2:07:00
4:03:00	1:21:00	6:24:00	2:08:00
4:06:00	1:22:00	6:27:00	2:09:00
<u>4:09:00</u>	<u>1:23:00</u>	<u>6:30:00</u>	<u>2:10:00</u>
4:12:00	1:24:00	6:33:00	2:11:00
4:15:00	1:25:00	6:36:00	2:12:00
4:18:00	1:26:00	6:39:00	2:13:00
4:21:00	1:27:00	6:42:00	2:14:00
<u>4:24:00</u>	<u>1:28:00</u>	<u>6:45:00</u>	<u>2:15:00</u>
4:27:00	1:29:00	6:48:00	2:16:00
4:30:00	1:30:00	6:51:00	2:17:00
4:33:00	1:31:00	6:54:00	2:18:00
4:36:00	1:32:00	6:57:00	2:19:00
<u>4:39:00</u>	<u>1:33:00</u>	<u>7:00:00</u>	<u>2:20:00</u>
4:42:00	1:34:00	7:03:00	2:21:00
4:45:00	1:35:00	7:06:00	2:22:00
4:48:00	1:36:00	7:09:00	2:23:00
4:51:00	1:37:00	7:12:00	2:24:00
<u>4:54:00</u>	<u>1:38:00</u>	<u>7:15:00</u>	<u>2:25:00</u>
4:57:00	1:39:00	7:18:00	2:26:00
5:00:00	1:40:00	7:21:00	2:27:00

RUNNING PACE CHART

mile	3.1 mi	5 mi	10K	15K	10 mi	20K	1/2 M	15 mi	20 mi	26.2 mi
:4:30	:13:56	:22:30	:27:56	:42:56	:45:00	:55:56	:59:02	1:07:30	1:30:00	1:58:04
:4:35	:14:10	:22:55	:28:30	:43:40	:45:50	:57:00	1:00:10	1:08:15	1:31:40	2:00:10
:4:48	:14:52	:23:59	:29:37	:44:37	:48:00	:59:29	1:02:51	1:11:58	1:35:57	2:05:42
:4:57	:15:20	:24:31	:30:39	:45:59	:49:26	1:01:18	1:04:46	1:14:26	1:38:53	2:09:32
:5:00	:15:31	:25:00	:31:03	:46:36	:50:00	1:02:09	1:05:36	1:15:00	1:40:00	2:11:12
:5:20	:16:34	:26:40	:33:07	:49:42	:53:20	1:06:17	1:09:58	1:20:00	1:46:40	2:19:56
:5:30	:17:05	:27:30	:34:11	:51:16	:55:00	1:08:21	1:12:06	1:22:30	1:50:00	2:24:12
:5:40	:17:36	:28:20	:35:10	:52:48	:56:40	1:10:26	1:14:20	1:25:00	1:53:20	2:28:41
:5:45	:17:52	:28:45	:35:44	:53:36	:57:30	1:11:27	1:15:23	1:26:15	1:55:00	2:30:46
:5:50	:18:06	:29:10	:36:13	:54:22	:58:20	1:12:30	1:16:32	1:27:30	1:56:40	2:33:04
:6:00	:18:39	:30:00	:37:15	:55:55	1:00:00	1:14:34	1:18:43	1:30:00	2:00:00	2:37:26
:6:10	:19:08	:30:50	:38:17	:57:28	1:01:40	1:16:39	1:20:54	1:32:30	2:03:20	2:41:48
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:6:20	:19:41	:31:40	:39:19	:59:01	1:03:20	1:18:43	1:23:05	1:35:00	2:06:40	2:46:11
:6:30	:20:10	:32:30	:40:21	1:00:34	1:05:00	1:20:47	1:25:16	1:37:50	2:10:00	2:50:33
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:6:50	:21:38	:34:10	:42:26	1:03:41	1:08:20	1:24:56	1:29:39	1:42:30	2:16:40	2:59:18
:7:00	:21:45	:35:00	:43:28	1:05:14	1:10:00	1:27:00	1:31:50	1:45:00	2:20:00	3:03:40
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