

**LONG DISTANCE PACE CHART**

Pace per 100 <u>yards or</u> <u>meters</u>	One Hour		<u>3,000 Yard Swim</u>			<u>6,000 Yard Swim</u>			<u>5,000 Meter Swim</u>			<u>10,000 Meter Swim</u>		
	<u>Swim Pace</u>		<u>Hrs.</u>	<u>Min.</u>	<u>Sec.</u>	<u>Hrs.</u>	<u>Min.</u>	<u>Sec.</u>	<u>Hrs.</u>	<u>Min.</u>	<u>Sec.</u>	<u>Hrs.</u>	<u>Min.</u>	<u>Sec.</u>
3:00	2000	yards	1	30	0	3	0	0	2	30	0	5	0	0
2:51	2100	yards	1	25	43	2	51	26	2	22	51	4	45	43
2:44	2200	yards	1	21	49	2	43	38	2	16	22	4	32	44
2:36	2300	yards	1	18	16	2	36	31	2	10	26	4	20	52
2:30	2400	yards	1	15	0	2	30	0	2	5	0	4	10	0
2:24	2500	yards	1	12	0	2	24	0	2	0	0	4	0	0
2:18	2600	yards	1	9	14	2	18	28	1	55	23	3	50	46
2:13	2700	yards	1	6	40	2	13	20	1	51	7	3	42	13
2:09	2800	yards	1	4	17	2	8	34	1	47	9	3	34	17
2:04	2900	yards	1	2	4	2	4	8	1	43	27	3	26	54
2:00	3000	yards	1	0	0	2	0	0	1	40	0	3	20	0
1:56	3100	yards	0	58	4	1	56	8	1	36	46	3	13	33
1:53	3200	yards	0	56	15	1	52	30	1	33	45	3	7	30
1:49	3300	yards	0	54	33	1	49	5	1	30	55	3	1	49
1:46	3400	yards	0	52	56	1	45	53	1	28	14	2	56	28
1:43	3500	yards	0	51	26	1	42	51	1	25	43	2	51	26
1:40	3600	yards	0	50	0	1	40	0	1	23	20	2	46	40
1:37	3700	yards	0	48	39	1	37	18	1	21	5	2	42	10
1:35	3800	yards	0	47	22	1	34	44	1	18	57	2	37	54
1:32	3900	yards	0	46	9	1	32	18	1	16	55	2	33	51
1:30	4000	yards	0	45	0	1	30	0	1	15	0	2	30	0
1:28	4100	yards	0	43	54	1	27	48	1	13	10	2	26	20
1:26	4200	yards	0	42	51	1	25	43	1	11	26	2	22	51
1:24	4300	yards	0	41	52	1	23	43	1	9	46	2	19	32
1:22	4400	yards	0	40	55	1	21	49	1	8	11	2	16	22
1:20	4500	yards	0	40	0	1	20	0	1	6	40	2	13	20
1:18.2	4600	yards	0	39	8	1	18	16	1	5	13	2	10	26
1:16.5	4700	yards	0	38	18	1	16	36	1	3	50	2	7	40
1:15.0	4800	yards	0	37	30	1	15	0	1	2	30	2	5	0
1:13.5	4900	yards	0	36	44	1	13	28	1	1	13	2	2	27
1:12.0	5000	yards	0	36	0	1	12	0	1	0	0	2	0	0
1:10.5	5100	yards	0	35	18	1	10	35	0	58	49	1	57	39
1:09.2	5200	yards	0	34	37	1	9	14	0	57	42	1	55	23
1:07.9	5300	yards	0	33	58	1	7	55	0	56	36	1	53	12
1:06.6	5400	yards	0	33	20	1	6	40	0	55	33	1	51	7
1:05.5	5500	yards	0	32	44	1	5	27	0	54	33	1	49	5
1:04.3	5600	yards	0	32	9	1	4	17	0	53	34	1	47	9
1:03.1	5700	yards	0	31	35	1	3	9	0	52	38	1	45	16
1:02.0	5800	yards	0	31	2	1	2	4	0	51	43	1	43	27
1:01.0	5900	yards	0	30	31	1	1	1	0	50	51	1	41	42
1:00	6000	yards	0	30	0	1	0	0	0	50	0	1	40	0