

Swim Time Estimating

Time yourself for one trip of the pool (there and back in a 25 yd or 25 meter pool). If it took you 3 mins then the approximate 350m swim time would be 24 mins, etc.

*This is just an estimate, don't worry about getting it exactly right.

50 meter times => 350 meter time (approx)

4 mins	=>	30 mins
3:45 mins	=>	28:30 mins
3:30 mins	=>	27:30 mins
3:15 mins	=>	26 mins
3 mins	=>	24 mins
2:45 mins	=>	22 mins
2:30 mins	=>	20:15 mins
2:15 mins	=>	18:45 mins
2 mins	=>	17 mins
1:45 mins	=>	15 mins
1:30 mins	=>	13 mins
1:15 mins	=>	11 mins
1:00 min	=>	9:30 mins
:55 secs	=>	9:10 mins
:50 secs	=>	7:50 mins
:45 secs	=>	7:30 mins
:40 secs	=>	7:00 mins
:30 secs	=>	3:45 mins