

Race Pace / Goal Pace Times - SCM Race / SCM Practice OR LCM Race / LCM Practice

50M Time	12.5M Pace	50M Time	25M Pace	100M Time	25M Pace	200M Time	25M Pace	100M Time	50M Pace	200M Time	50M Pace	400M Time	50M Pace	200M Time	75M Pace	400M Time	75M Pace
:22	:05.5	:22	:11.0	:51	:12.8	1:49	:13.6	:51	:25.5	1:49	:27.3	3:54	:29.3	1:49	:40.9	3:54	:43.9
:23	:05.8	:23	:11.5	:52	:13.0	1:50	:13.8	:52	:26.0	1:50	:27.5	3:56	:29.5	1:50	:41.3	3:56	:44.3
:24	:06.0	:24	:12.0	:53	:13.3	1:51	:13.9	:53	:26.5	1:51	:27.8	3:58	:29.8	1:51	:41.6	3:58	:44.6
:25	:06.3	:25	:12.5	:54	:13.5	1:52	:14.0	:54	:27.0	1:52	:28.0	4:00	:30.0	1:52	:42.0	4:00	:45.0
:26	:06.5	:26	:13.0	:55	:13.8	1:53	:14.1	:55	:27.5	1:53	:28.3	4:02	:30.3	1:53	:42.4	4:02	:45.4
:27	:06.8	:27	:13.5	:56	:14.0	1:54	:14.3	:56	:28.0	1:54	:28.5	4:04	:30.5	1:54	:42.8	4:04	:45.8
:28	:07.0	:28	:14.0	:57	:14.3	1:55	:14.4	:57	:28.5	1:55	:28.8	4:06	:30.8	1:55	:43.1	4:06	:46.1
:29	:07.3	:29	:14.5	:58	:14.5	1:56	:14.5	:58	:29.0	1:56	:29.0	4:08	:31.0	1:56	:43.5	4:08	:46.5
:30	:07.5	:30	:15.0	:59	:14.8	1:57	:14.6	:59	:29.5	1:57	:29.3	4:10	:31.3	1:57	:43.9	4:10	:46.9
:31	:07.8	:31	:15.5	1:00	:15.0	1:58	:14.8	1:00	:30.0	1:58	:29.5	4:12	:31.5	1:58	:44.3	4:12	:47.3
:32	:08.0	:32	:16.0	1:01	:15.3	1:59	:14.9	1:01	:30.5	1:59	:29.8	4:14	:31.8	1:59	:44.6	4:14	:47.6
:33	:08.3	:33	:16.5	1:02	:15.5	2:00	:15.0	1:02	:31.0	2:00	:30.0	4:16	:32.0	2:00	:45.0	4:16	:48.0
:34	:08.5	:34	:17.0	1:03	:15.8	2:01	:15.1	1:03	:31.5	2:01	:30.3	4:18	:32.3	2:01	:45.4	4:18	:48.4
:35	:08.8	:35	:17.5	1:04	:16.0	2:02	:15.3	1:04	:32.0	2:02	:30.5	4:20	:32.5	2:02	:45.8	4:20	:48.8
:36	:09.0	:36	:18.0	1:05	:16.3	2:03	:15.4	1:05	:32.5	2:03	:30.8	4:22	:32.8	2:03	:46.1	4:22	:49.1
:37	:09.3	:37	:18.5	1:06	:16.5	2:04	:15.5	1:06	:33.0	2:04	:31.0	4:24	:33.0	2:04	:46.5	4:24	:49.5
:38	:09.5	:38	:19.0	1:07	:16.8	2:05	:15.6	1:07	:33.5	2:05	:31.3	4:26	:33.3	2:05	:46.9	4:26	:49.9
:39	:09.8	:39	:19.5	1:08	:17.0	2:06	:15.8	1:08	:34.0	2:06	:31.5	4:28	:33.5	2:06	:47.3	4:28	:50.3
:40	:10.0	:40	:20.0	1:09	:17.3	2:07	:15.9	1:09	:34.5	2:07	:31.8	4:30	:33.8	2:07	:47.6	4:30	:50.6
:41	:10.3	:41	:20.5	1:10	:17.5	2:08	:16.0	1:10	:35.0	2:08	:32.0	4:32	:34.0	2:08	:48.0	4:32	:51.0
:42	:10.5	:42	:21.0	1:11	:17.8	2:09	:16.1	1:11	:35.5	2:09	:32.3	4:34	:34.3	2:09	:48.4	4:34	:51.4
:43	:10.8	:43	:21.5	1:12	:18.0	2:10	:16.3	1:12	:36.0	2:10	:32.5	4:36	:34.5	2:10	:48.8	4:36	:51.8
:44	:11.0	:44	:22.0	1:13	:18.3	2:11	:16.4	1:13	:36.5	2:11	:32.8	4:38	:34.8	2:11	:49.1	4:38	:52.1
:45	:11.3	:45	:22.5	1:14	:18.5	2:12	:16.5	1:14	:37.0	2:12	:33.0	4:40	:35.0	2:12	:49.5	4:40	:52.5
				1:15	:18.8	2:13	:16.6	1:15	:37.5	2:13	:33.3	4:42	:35.3	2:13	:49.9	4:42	:52.9
				1:16	:19.0	2:14	:16.8	1:16	:38.0	2:14	:33.5	4:44	:35.5	2:14	:50.3	4:44	:53.3
				1:17	:19.3	2:15	:16.9	1:17	:38.5	2:15	:33.8	4:46	:35.8	2:15	:50.6	4:46	:53.6
				1:18	:19.5	2:16	:17.0	1:18	:39.0	2:16	:34.0	4:48	:36.0	2:16	:51.0	4:48	:54.0
				1:19	:19.8	2:17	:17.1	1:19	:39.5	2:17	:34.3	4:50	:36.3	2:17	:51.4	4:50	:54.4
				1:20	:20.0	2:18	:17.3	1:20	:40.0	2:18	:34.5	4:52	:36.5	2:18	:51.8	4:52	:54.8
				1:21	:20.3	2:19	:17.4	1:21	:40.5	2:19	:34.8	4:54	:36.8	2:19	:52.1	4:54	:55.1
				1:22	:20.5	2:20	:17.5	1:22	:41.0	2:20	:35.0	4:56	:37.0	2:20	:52.5	4:56	:55.5
				1:23	:20.8	2:21	:17.6	1:23	:41.5	2:21	:35.3	4:58	:37.3	2:21	:52.9	4:58	:55.9
				1:24	:21.0	2:22	:17.8	1:24	:42.0	2:22	:35.5	5:00	:37.5	2:22	:53.3	5:00	:56.3
				1:25	:21.3	2:23	:17.9	1:25	:42.5	2:23	:35.8	5:02	:37.8	2:23	:53.6	5:02	:56.6
				1:26	:21.5	2:24	:18.0	1:26	:43.0	2:24	:36.0	5:04	:38.0	2:24	:54.0	5:04	:57.0
				1:27	:21.8	2:25	:18.1	1:27	:43.5	2:25	:36.3	5:06	:38.3	2:25	:54.4	5:06	:57.4
				1:28	:22.0	2:26	:18.3	1:28	:44.0	2:26	:36.5	5:08	:38.5	2:26	:54.8	5:08	:57.8
				1:29	:22.3	2:27	:18.4	1:29	:44.5	2:27	:36.8	5:10	:38.8	2:27	:55.1	5:10	:58.1
				1:30	:22.5	2:28	:18.5	1:30	:45.0	2:28	:37.0	5:12	:39.0	2:28	:55.5	5:12	:58.5
				1:31	:22.8	2:29	:18.6	1:31	:45.5	2:29	:37.3	5:14	:39.3	2:29	:55.9	5:14	:58.9
				1:32	:23.0	2:30	:18.8	1:32	:46.0	2:30	:37.5	5:16	:39.5	2:30	:56.3	5:16	:59.3
				1:33	:23.3	2:31	:18.9	1:33	:46.5	2:31	:37.8	5:18	:39.8	2:31	:56.6	5:18	:59.6
				1:34	:23.5	2:32	:19.0	1:34	:47.0	2:32	:38.0	5:20	:40.0	2:32	:57.0	5:20	:60.0
				1:35	:23.8	2:33	:19.1	1:35	:47.5	2:33	:38.3	5:22	:40.3	2:33	:57.4	5:22	:60.4
				1:36	:24.0	2:34	:19.3	1:36	:48.0	2:34	:38.5	5:24	:40.5	2:34	:57.8	5:24	:60.8
				1:37	:24.3	2:35	:19.4	1:37	:48.5	2:35	:38.8	5:26	:40.8	2:35	:58.1	5:26	:61.1
				1:38	:24.5	2:36	:19.5	1:38	:49.0	2:36	:39.0	5:28	:41.0	2:36	:58.5	5:28	:61.5
				1:39	:24.8	2:37	:19.6	1:39	:49.5	2:37	:39.3	5:30	:41.3	2:37	:58.9	5:30	:61.9
				1:40	:25.0	2:38	:19.8	1:40	:50.0	2:38	:39.5	5:32	:41.5	2:38	:59.3	5:32	:62.3
				1:41	:25.3	2:39	:19.9	1:41	:50.5	2:39	:39.8	5:34	:41.8	2:39	:59.6	5:34	:62.6
				1:42	:25.5	2:40	:20.0	1:42	:51.0	2:40	:40.0	5:36	:42.0	2:40	1:00.0	5:36	:63.0
				1:43	:25.8	2:41	:20.1	1:43	:51.5	2:41	:40.3	5:38	:42.3	2:41	1:00.4	5:38	:63.4
				1:44	:26.0	2:42	:20.3	1:44	:52.0	2:42	:40.5	5:40	:42.5	2:42	1:00.8	5:40	:63.8
				1:45	:26.3	2:43	:20.4	1:45	:52.5	2:43	:40.8	5:42	:42.8	2:43	1:01.1	5:42	:64.1
				1:46	:26.5	2:44	:20.5	1:46	:53.0	2:44	:41.0	5:44	:43.0	2:44	1:01.5	5:44	:64.5
				1:47	:26.8	2:45	:20.6	1:47	:53.5	2:45	:41.3	5:46	:43.3	2:45	1:01.9	5:46	:64.9
				1:48	:27.0	2:46	:20.8	1:48	:54.0	2:46	:41.5	5:48	:43.5	2:46	1:02.3	5:48	:65.3
				1:49	:27.3	2:47	:20.9	1:49	:54.5	2:47	:41.8	5:50	:43.8	2:47	1:02.6	5:50	:65.6
				1:50	:27.5	2:48	:21.0	1:50	:55.0	2:48	:42.0	5:52	:44.0	2:48	1:03.0	5:52	:66.0
				1:51	:27.8	2:49	:21.1	1:51	:55.5	2:49	:42.3	5:54	:44.3	2:49	1:03.4	5:54	:66.4
				1:52	:28.0	2:50	:21.3	1:52	:56.0	2:50	:42.5	5:56	:44.5	2:50	1:03.8	5:56	:66.8

SCM to LCM:
50 Free: Add .8 to M Pace
100 Fr: Add 1.6 to M Pace
200 Fr: Add 3.2 to M Pace

50 Bk: Add .6 to M Pace
100 Bk: Add 1.2 to M Pace
200 Bk: Add 2.4 to M Pace

50 Fly: Add .7 to M Pace
100 Fly: Add 1.4 to M Pace
200 Fly: Add 2.8 to M Pace

50 Br: Add 1.0 to M Pace
100 Br: Add 2.0 to M Pace
200 Br: Add 4.0 to M Pace

SCM to LCM:
50 Free: Minus .8 to M Pace
100 Fr: Minus 1.6 to M Pace
200 Fr: Minus 3.2 to M Pace

50 Bk: Minus .6 to M Pace
100 Bk: Minus 1.2 to M Pace
200 Bk: Minus 2.4 to M Pace

50 Fly: Minus .7 to M Pace
100 Fly: Minus 1.4 to M Pace
200 Fly: Minus 2.8 to M Pace

50 Br: Minus 1.0 to M Pace
100 Br: Minus 2.0 to M Pace
200 Br: Minus 4.0 to M Pace

Race Pace / Goal Pace Times - SCM Race / SCM Practice OR LCM Race / LCM Practice

400M Time	25M Pace	800M Time	25M Pace	800M Time	50M Pace	800M Time	75M Pace	1500M Time	50M Pace	1500M Time	75M Pace	1500M Time	100M Pace
3:54	:14.6	8:20	:15.6	8:20	:31.3	8:20	:46.9	15:50	:31.7	15:50	:47.5	15:50	1:03.3
3:56	:14.8	8:25	:15.8	8:25	:31.6	8:25	:47.3	16:00	:32.0	16:00	:48.0	16:00	1:04.0
3:58	:14.9	8:30	:15.9	8:30	:31.9	8:30	:47.8	16:10	:32.3	16:10	:48.5	16:10	1:04.7
4:00	:15.0	8:35	:16.1	8:35	:32.2	8:35	:48.3	16:20	:32.7	16:20	:49.0	16:20	1:05.3
4:02	:15.1	8:40	:16.3	8:40	:32.5	8:40	:48.8	16:30	:33.0	16:30	:49.5	16:30	1:06.0
4:04	:15.3	8:45	:16.4	8:45	:32.8	8:45	:49.2	16:40	:33.3	16:40	:50.0	16:40	1:06.7
4:06	:15.4	8:50	:16.6	8:50	:33.1	8:50	:49.7	16:50	:33.7	16:50	:50.5	16:50	1:07.3
4:08	:15.5	8:55	:16.7	8:55	:33.4	8:55	:50.2	17:00	:34.0	17:00	:51.0	17:00	1:08.0
4:10	:15.6	9:00	:16.9	9:00	:33.8	9:00	:50.6	17:10	:34.3	17:10	:51.5	17:10	1:08.7
4:12	:15.8	9:05	:17.0	9:05	:34.1	9:05	:51.1	17:20	:34.7	17:20	:52.0	17:20	1:09.3
4:14	:15.9	9:10	:17.2	9:10	:34.4	9:10	:51.6	17:30	:35.0	17:30	:52.5	17:30	1:10.0
4:16	:16.0	9:15	:17.3	9:15	:34.7	9:15	:52.0	17:40	:35.3	17:40	:53.0	17:40	1:10.7
4:18	:16.1	9:20	:17.5	9:20	:35.0	9:20	:52.5	17:50	:35.7	17:50	:53.5	17:50	1:11.3
4:20	:16.3	9:25	:17.7	9:25	:35.3	9:25	:53.0	18:00	:36.0	18:00	:54.0	18:00	1:12.0
4:22	:16.4	9:30	:17.8	9:30	:35.6	9:30	:53.4	18:10	:36.3	18:10	:54.5	18:10	1:12.7
4:24	:16.5	9:35	:18.0	9:35	:35.9	9:35	:53.9	18:20	:36.7	18:20	:55.0	18:20	1:13.3
4:26	:16.6	9:40	:18.1	9:40	:36.3	9:40	:54.4	18:30	:37.0	18:30	:55.5	18:30	1:14.0
4:28	:16.8	9:45	:18.3	9:45	:36.6	9:45	:54.8	18:40	:37.3	18:40	:56.0	18:40	1:14.7
4:30	:16.9	9:50	:18.4	9:50	:36.9	9:50	:55.3	18:50	:37.7	18:50	:56.5	18:50	1:15.3
4:32	:17.0	9:55	:18.6	9:55	:37.2	9:55	:55.8	19:00	:38.0	19:00	:57.0	19:00	1:16.0
4:34	:17.1	10:00	:18.8	10:00	:37.5	10:00	:56.3	19:10	:38.3	19:10	:57.5	19:10	1:16.7
4:36	:17.3	10:05	:18.9	10:05	:37.8	10:05	:56.7	19:20	:38.7	19:20	:58.0	19:20	1:17.3
4:38	:17.4	10:10	:19.1	10:10	:38.1	10:10	:57.2	19:30	:39.0	19:30	:58.5	19:30	1:18.0
4:40	:17.5	10:15	:19.2	10:15	:38.4	10:15	:57.7	19:40	:39.3	19:40	:59.0	19:40	1:18.7
4:42	:17.6	10:20	:19.4	10:20	:38.8	10:20	:58.1	19:50	:39.7	19:50	:59.5	19:50	1:19.3
4:44	:17.8	10:25	:19.5	10:25	:39.1	10:25	:58.6	20:00	:40.0	20:00	1:00.0	20:00	1:20.0
4:46	:17.9	10:30	:19.7	10:30	:39.4	10:30	:59.1	20:10	:40.3	20:10	1:00.5	20:10	1:20.7
4:48	:18.0	10:35	:19.8	10:35	:39.7	10:35	:59.5	20:20	:40.7	20:20	1:01.0	20:20	1:21.3
4:50	:18.1	10:40	:20.0	10:40	:40.0	10:40	1:00.0	20:30	:41.0	20:30	1:01.5	20:30	1:22.0
4:52	:18.3	10:45	:20.2	10:45	:40.3	10:45	1:00.5	20:40	:41.3	20:40	1:02.0	20:40	1:22.7
4:54	:18.4	10:50	:20.3	10:50	:40.6	10:50	1:00.9	20:50	:41.7	20:50	1:02.5	20:50	1:23.3
4:56	:18.5	10:55	:20.5	10:55	:40.9	10:55	1:01.4	21:00	:42.0	21:00	1:03.0	21:00	1:24.0
4:58	:18.6	11:00	:20.6	11:00	:41.3	11:00	1:01.9	21:10	:42.3	21:10	1:03.5	21:10	1:24.7
5:00	:18.8	11:05	:20.8	11:05	:41.6	11:05	1:02.3	21:20	:42.7	21:20	1:04.0	21:20	1:25.3
5:02	:18.9	11:10	:20.9	11:10	:41.9	11:10	1:02.8	21:30	:43.0	21:30	1:04.5	21:30	1:26.0
5:04	:19.0	11:15	:21.1	11:15	:42.2	11:15	1:03.3	21:40	:43.3	21:40	1:05.0	21:40	1:26.7
5:06	:19.1	11:20	:21.3	11:20	:42.5	11:20	1:03.8	21:50	:43.7	21:50	1:05.5	21:50	1:27.3
5:08	:19.3	11:25	:21.4	11:25	:42.8	11:25	1:04.2	22:00	:44.0	22:00	1:06.0	22:00	1:28.0
5:10	:19.4	11:30	:21.6	11:30	:43.1	11:30	1:04.7	22:10	:44.3	22:10	1:06.5	22:10	1:28.7
5:12	:19.5	11:35	:21.7	11:35	:43.4	11:35	1:05.2	22:20	:44.7	22:20	1:07.0	22:20	1:29.3
5:14	:19.6	11:40	:21.9	11:40	:43.8	11:40	1:05.6	22:30	:45.0	22:30	1:07.5	22:30	1:30.0
5:16	:19.8	11:45	:22.0	11:45	:44.1	11:45	1:06.1	22:40	:45.3	22:40	1:08.0	22:40	1:30.7
5:18	:19.9	11:50	:22.2	11:50	:44.4	11:50	1:06.6	22:50	:45.7	22:50	1:08.5	22:50	1:31.3
5:20	:20.0	11:55	:22.3	11:55	:44.7	11:55	1:07.0	23:00	:46.0	23:00	1:09.0	23:00	1:32.0
5:22	:20.1	12:00	:22.5	12:00	:45.0	12:00	1:07.5	23:10	:46.3	23:10	1:09.5	23:10	1:32.7
5:24	:20.3	12:05	:22.7	12:05	:45.3	12:05	1:08.0	23:20	:46.7	23:20	1:10.0	23:20	1:33.3
5:26	:20.4	12:10	:22.8	12:10	:45.6	12:10	1:08.4	23:30	:47.0	23:30	1:10.5	23:30	1:34.0
5:28	:20.5	12:15	:23.0	12:15	:45.9	12:15	1:08.9	23:40	:47.3	23:40	1:11.0	23:40	1:34.7
5:30	:20.6	12:20	:23.1	12:20	:46.3	12:20	1:09.4	23:50	:47.7	23:50	1:11.5	23:50	1:35.3
5:32	:20.8	12:25	:23.3	12:25	:46.6	12:25	1:09.8	24:00	:48.0	24:00	1:12.0	24:00	1:36.0
5:34	:20.9	12:30	:23.4	12:30	:46.9	12:30	1:10.3	24:10	:48.3	24:10	1:12.5	24:10	1:36.7
5:36	:21.0	12:35	:23.6	12:35	:47.2	12:35	1:10.8	24:20	:48.7	24:20	1:13.0	24:20	1:37.3
5:38	:21.1	12:40	:23.8	12:40	:47.5	12:40	1:11.3	24:30	:49.0	24:30	1:13.5	24:30	1:38.0
5:40	:21.3	12:45	:23.9	12:45	:47.8	12:45	1:11.7	24:40	:49.3	24:40	1:14.0	24:40	1:38.7
5:42	:21.4	12:50	:24.1	12:50	:48.1	12:50	1:12.2	24:50	:49.7	24:50	1:14.5	24:50	1:39.3
5:44	:21.5	12:55	:24.2	12:55	:48.4	12:55	1:12.7	25:00	:50.0	25:00	1:15.0	25:00	1:40.0
5:46	:21.6	13:00	:24.4	13:00	:48.8	13:00	1:13.1	25:10	:50.3	25:10	1:15.5	25:10	1:40.7
5:48	:21.8	13:05	:24.5	13:05	:49.1	13:05	1:13.6	25:20	:50.7	25:20	1:16.0	25:20	1:41.3
5:50	:21.9	13:10	:24.7	13:10	:49.4	13:10	1:14.1	25:30	:51.0	25:30	1:16.5	25:30	1:42.0
5:52	:22.0	13:15	:24.8	13:15	:49.7	13:15	1:14.5	25:40	:51.3	25:40	1:17.0	25:40	1:42.7
5:54	:22.1	13:20	:25.0	13:20	:50.0	13:20	1:15.0	25:50	:51.7	25:50	1:17.5	25:50	1:43.3
5:56	:22.3	13:25	:25.2	13:25	:50.3	13:25	1:15.5	26:00	:52.0	26:00	1:18.0	26:00	1:44.0