

The Official Triathlon Swim Pace Chart

Pace		Spr Sprnt			Sprint		Distance		Olympic	Half Iron		Iron
/100 m	/100 yds	400 m	1/4 mile	500 m	750 m	1/2 mile	1000 m	1500 m	1 mile	1.2 miles	2.4 miles	
1:00	0:55	0:04:00	0:04:01	0:05:00	0:07:30	0:08:03	0:10:00	0:15:00	0:16:05	0:19:19	0:38:37	
1:02	0:57	0:04:08	0:04:09	0:05:10	0:07:45	0:08:19	0:10:20	0:15:30	0:16:38	0:19:57	0:39:54	
1:04	0:59	0:04:16	0:04:17	0:05:20	0:08:00	0:08:35	0:10:40	0:16:00	0:17:10	0:20:36	0:41:12	
1:06	1:00	0:04:24	0:04:25	0:05:30	0:08:15	0:08:51	0:11:00	0:16:30	0:17:42	0:21:14	0:42:29	
1:08	1:02	0:04:32	0:04:33	0:05:40	0:08:30	0:09:07	0:11:20	0:17:00	0:18:14	0:21:53	0:43:46	
1:10	1:04	0:04:40	0:04:41	0:05:50	0:08:45	0:09:23	0:11:40	0:17:30	0:18:46	0:22:32	0:45:03	
1:12	1:06	0:04:48	0:04:49	0:06:00	0:09:00	0:09:39	0:12:00	0:18:00	0:19:18	0:23:10	0:46:21	
1:14	1:08	0:04:56	0:04:57	0:06:10	0:09:15	0:09:55	0:12:20	0:18:30	0:19:51	0:23:49	0:47:38	
1:16	1:09	0:05:04	0:05:06	0:06:20	0:09:30	0:10:11	0:12:40	0:19:00	0:20:23	0:24:28	0:48:55	
1:18	1:11	0:05:12	0:05:14	0:06:30	0:09:45	0:10:28	0:13:00	0:19:30	0:20:55	0:25:06	0:50:12	
1:20	1:13	0:05:20	0:05:22	0:06:40	0:10:00	0:10:44	0:13:20	0:20:00	0:21:27	0:25:45	0:51:30	
1:22	1:15	0:05:28	0:05:30	0:06:50	0:10:15	0:11:00	0:13:40	0:20:30	0:21:59	0:26:23	0:52:47	
1:24	1:17	0:05:36	0:05:38	0:07:00	0:10:30	0:11:16	0:14:00	0:21:00	0:22:32	0:27:02	0:54:04	
1:26	1:19	0:05:44	0:05:46	0:07:10	0:10:45	0:11:32	0:14:20	0:21:30	0:23:04	0:27:41	0:55:21	
1:28	1:20	0:05:52	0:05:54	0:07:20	0:11:00	0:11:48	0:14:40	0:22:00	0:23:36	0:28:19	0:56:39	
1:30	1:22	0:06:00	0:06:02	0:07:30	0:11:15	0:12:04	0:15:00	0:22:30	0:24:08	0:28:58	0:57:56	
1:32	1:24	0:06:08	0:06:10	0:07:40	0:11:30	0:12:20	0:15:20	0:23:00	0:24:40	0:29:37	0:59:13	
1:34	1:26	0:06:16	0:06:18	0:07:50	0:11:45	0:12:36	0:15:40	0:23:30	0:25:12	0:30:15	1:00:30	
1:36	1:28	0:06:24	0:06:26	0:08:00	0:12:00	0:12:52	0:16:00	0:24:00	0:25:45	0:30:54	1:01:48	
1:38	1:30	0:06:32	0:06:34	0:08:10	0:12:15	0:13:08	0:16:20	0:24:30	0:26:17	0:31:32	1:03:05	
1:40	1:31	0:06:40	0:06:42	0:08:20	0:12:30	0:13:25	0:16:40	0:25:00	0:26:49	0:32:11	1:04:22	
1:42	1:33	0:06:48	0:06:50	0:08:30	0:12:45	0:13:41	0:17:00	0:25:30	0:27:21	0:32:50	1:05:39	
1:44	1:35	0:06:56	0:06:58	0:08:40	0:13:00	0:13:57	0:17:20	0:26:00	0:27:53	0:33:28	1:06:56	
1:46	1:37	0:07:04	0:07:06	0:08:50	0:13:15	0:14:13	0:17:40	0:26:30	0:28:26	0:34:07	1:08:14	
1:48	1:39	0:07:12	0:07:14	0:09:00	0:13:30	0:14:29	0:18:00	0:27:00	0:28:58	0:34:45	1:09:31	
1:50	1:41	0:07:20	0:07:22	0:09:10	0:13:45	0:14:45	0:18:20	0:27:30	0:29:30	0:35:24	1:10:48	
1:52	1:42	0:07:28	0:07:30	0:09:20	0:14:00	0:15:01	0:18:40	0:28:00	0:30:02	0:36:03	1:12:05	
1:54	1:44	0:07:36	0:07:38	0:09:30	0:14:15	0:15:17	0:19:00	0:28:30	0:30:34	0:36:41	1:13:23	
1:56	1:46	0:07:44	0:07:46	0:09:40	0:14:30	0:15:33	0:19:20	0:29:00	0:31:06	0:37:20	1:14:40	
1:58	1:48	0:07:52	0:07:54	0:09:50	0:14:45	0:15:49	0:19:40	0:29:30	0:31:39	0:37:59	1:15:57	
2:00	1:50	0:08:00	0:08:02	0:10:00	0:15:00	0:16:05	0:20:00	0:30:00	0:32:11	0:38:37	1:17:14	
2:02	1:52	0:08:08	0:08:10	0:10:10	0:15:15	0:16:21	0:20:20	0:30:30	0:32:43	0:39:16	1:18:32	
2:04	1:53	0:08:16	0:08:18	0:10:20	0:15:30	0:16:38	0:20:40	0:31:00	0:33:15	0:39:54	1:19:49	
2:06	1:55	0:08:24	0:08:27	0:10:30	0:15:45	0:16:54	0:21:00	0:31:30	0:33:47	0:40:33	1:21:06	
2:08	1:57	0:08:32	0:08:35	0:10:40	0:16:00	0:17:10	0:21:20	0:32:00	0:34:20	0:41:12	1:22:23	
2:10	1:59	0:08:40	0:08:43	0:10:50	0:16:15	0:17:26	0:21:40	0:32:30	0:34:52	0:41:50	1:23:41	
2:12	2:01	0:08:48	0:08:51	0:11:00	0:16:30	0:17:42	0:22:00	0:33:00	0:35:24	0:42:29	1:24:58	
2:14	2:03	0:08:56	0:08:59	0:11:10	0:16:45	0:17:58	0:22:20	0:33:30	0:35:56	0:43:08	1:26:15	
2:16	2:04	0:09:04	0:09:07	0:11:20	0:17:00	0:18:14	0:22:40	0:34:00	0:36:28	0:43:46	1:27:32	
2:18	2:06	0:09:12	0:09:15	0:11:30	0:17:15	0:18:30	0:23:00	0:34:30	0:37:00	0:44:25	1:28:50	
2:20	2:08	0:09:20	0:09:23	0:11:40	0:17:30	0:18:46	0:23:20	0:35:00	0:37:33	0:45:03	1:30:07	
2:22	2:10	0:09:28	0:09:31	0:11:50	0:17:45	0:19:02	0:23:40	0:35:30	0:38:05	0:45:42	1:31:24	
2:24	2:12	0:09:36	0:09:39	0:12:00	0:18:00	0:19:18	0:24:00	0:36:00	0:38:37	0:46:21	1:32:41	
2:26	2:14	0:09:44	0:09:47	0:12:10	0:18:15	0:19:35	0:24:20	0:36:30	0:39:09	0:46:59	1:33:59	
2:28	2:15	0:09:52	0:09:55	0:12:20	0:18:30	0:19:51	0:24:40	0:37:00	0:39:41	0:47:38	1:35:16	
2:30	2:17	0:10:00	0:10:03	0:12:30	0:18:45	0:20:07	0:25:00	0:37:30	0:40:13	0:48:16	1:36:33	
2:32	2:19	0:10:08	0:10:11	0:12:40	0:19:00	0:20:23	0:25:20	0:38:00	0:40:46	0:48:55	1:37:50	
2:34	2:21	0:10:16	0:10:19	0:12:50	0:19:15	0:20:39	0:25:40	0:38:30	0:41:18	0:49:34	1:39:07	
2:36	2:23	0:10:24	0:10:27	0:13:00	0:19:30	0:20:55	0:26:00	0:39:00	0:41:50	0:50:12	1:40:25	
2:38	2:24	0:10:32	0:10:35	0:13:10	0:19:45	0:21:11	0:26:20	0:39:30	0:42:22	0:50:51	1:41:42	
2:40	2:26	0:10:40	0:10:43	0:13:20	0:20:00	0:21:27	0:26:40	0:40:00	0:42:54	0:51:30	1:42:59	
2:42	2:28	0:10:48	0:10:51	0:13:30	0:20:15	0:21:43	0:27:00	0:40:30	0:43:27	0:52:08	1:44:16	
2:44	2:30	0:10:56	0:10:59	0:13:40	0:20:30	0:21:59	0:27:20	0:41:00	0:43:59	0:52:47	1:45:34	
2:46	2:32	0:11:04	0:11:07	0:13:50	0:20:45	0:22:15	0:27:40	0:41:30	0:44:31	0:53:25	1:46:51	
2:48	2:34	0:11:12	0:11:15	0:14:00	0:21:00	0:22:32	0:28:00	0:42:00	0:45:03	0:54:04	1:48:08	
2:50	2:35	0:11:20	0:11:23	0:14:10	0:21:15	0:22:48	0:28:20	0:42:30	0:45:35	0:54:43	1:49:25	
2:52	2:37	0:11:28	0:11:31	0:14:20	0:21:30	0:23:04	0:28:40	0:43:00	0:46:07	0:55:21	1:50:43	
2:54	2:39	0:11:36	0:11:39	0:14:30	0:21:45	0:23:20	0:29:00	0:43:30	0:46:40	0:56:00	1:52:00	
2:56	2:41	0:11:44	0:11:48	0:14:40	0:22:00	0:23:36	0:29:20	0:44:00	0:47:12	0:56:39	1:53:17	
2:58	2:43	0:11:52	0:11:56	0:14:50	0:22:15	0:23:52	0:29:40	0:44:30	0:47:44	0:57:17	1:54:34	
3:00	2:45	0:12:00	0:12:04	0:15:00	0:22:30	0:24:08	0:30:00	0:45:00	0:48:16	0:57:56	1:55:52	