

Interval conversions from 33¹/₃ to 25m pools

33 ¹ / ₃ pool	Intervals	25 m pool	Approximate Intervals (rounded up to the nearest 5")
1 length (33 m)	1'00	1 length (25 m)	45"
1 length (33 m)	55"	1 length (25 m)	40"
1 length (33 m)	50"	1 length (25 m)	40"
1 length (33 m)	45"	1 length (25 m)	35"
1 length (33 m)	40"	1 length (25 m)	30"
1 length (33 m)	35"	1 length (25 m)	25"
1 length (33 m)	30"	1 length (25 m)	25"

33 ¹ / ₃ pool	Intervals	25m pool	Approximate Intervals (rounded to nearest 5")
2 lengths (66 m)	2'15	2 lengths (50 m)	1'40
2 lengths (66 m)	2'10	2 lengths (50 m)	1'40
2 lengths (66 m)	2'05	2 lengths (50 m)	1'35
2 lengths (66 m)	2'00	2 lengths (50 m)	1'30
2 lengths (66 m)	1'55	2 lengths (50 m)	1'25
2 lengths (66 m)	1'50	2 lengths (50 m)	1'25
2 lengths (66 m)	1'45	2 lengths (50 m)	1'20
2 lengths (66 m)	1'40	2 lengths (50 m)	1'15
2 lengths (66 m)	1'35	2 lengths (50 m)	1'10
2 lengths (66 m)	1'30	2 lengths (50 m)	1'10
2 lengths (66 m)	1'25	2 lengths (50 m)	1'05
2 lengths (66 m)	1'20	2 lengths (50 m)	1'00
2 lengths (66 m)	1'15	2 lengths (50 m)	55"
2 lengths (66 m)	1'10	2 lengths (50 m)	55"
2 lengths (66 m)	1'05	2 lengths (50 m)	50"
2 lengths (66 m)	1'00	2 lengths (50 m)	45"
2 lengths (66 m)	55"	2 lengths (50 m)	40"
2 lengths (66 m)	50"	2 lengths (50 m)	40"
2 lengths (66 m)	45"	2 lengths (50 m)	35"



Interval conversions from 66m to 75m

Depending on the total distance of the swim set, you may need to convert 66m into 75m to reach the same or a similar number of repetitions.

Example:

600 metres set at Freyberg pool (33 $\frac{1}{3}$ m pool): 9 x 66m on 2'00

600 metres set at Kilbirnie pool set (25 m pool): 8 x 75m on 2'15 or 12 x 50m on 1'30

33 $\frac{1}{3}$ pool	Intervals	25m pool	Approximate Intervals (rounded to nearest 5")
2 lengths (66 m)	2'15	3 lengths (75 m)	2'30
2 lengths (66 m)	2'10	3 lengths (75 m)	2'25
2 lengths (66 m)	2'05	3 lengths (75 m)	2'20
2 lengths (66 m)	2'00	3 lengths (75 m)	2'15
2 lengths (66 m)	1'55	3 lengths (75 m)	2'10
2 lengths (66 m)	1'50	3 lengths (75 m)	2'05
2 lengths (66 m)	1'45	3 lengths (75 m)	2'00
2 lengths (66 m)	1'40	3 lengths (75 m)	1'55
2 lengths (66 m)	1'35	3 lengths (75 m)	1'45
2 lengths (66 m)	1'30	3 lengths (75 m)	1'40
2 lengths (66 m)	1'25	3 lengths (75 m)	1'35
2 lengths (66 m)	1'20	3 lengths (75 m)	1'30
2 lengths (66 m)	1'15	3 lengths (75 m)	1'25
2 lengths (66 m)	1'10	3 lengths (75 m)	1'20
2 lengths (66 m)	1'05	3 lengths (75 m)	1'15
2 lengths (66 m)	1'00	3 lengths (75 m)	1'10
2 lengths (66 m)	55"	3 lengths (75 m)	1'00
2 lengths (66 m)	50"	3 lengths (75 m)	55"
2 lengths (66 m)	45"	3 lengths (75 m)	50"

