

 OUTPACE <small>SWIM WORKOUTS</small> Levels	CSS pace (per 100)	Outpace time prediction based on Critical Swim Speed (meters)			
		400 m.	1500 m.	1900 m. (half ironman)	3800 m. (ironman)
1	around 2'00	7'20 to 8'00	29'45 to 32'30	> 38'	> 80'
2	1'50 to 1'55	7'00 to 7'20	28'30 to 29'45	36'30 to 38'30	76' to 80'
3	1'45 to 1'50	6'40 to 7'00	27'00 to 28'30	35'00 to 36'30	72' to 76'
4	1'40 to 1'45	6'20 to 6'40	25'45 to 27'00	33'00 to 35'00	69' to 72'
5	1'35 to 1'40	6'00 to 6'20	24'30 to 25'45	31'30 to 33'00	65' to 69'
6	1'30 to 1'35	5'40 to 6'00	23'00 to 24'30	29'30 to 31'30	62' to 65'
7	1'25 to 1'30	5'20 to 5'40	21'45 to 23'00	28'00 to 29'30	58' to 62'
8	1'20 to 1'25	5'00 to 5'20	20'15 to 21'45	26'00 to 28'00	54' to 58'
9	1'15 to 1'20	4'40 to 5'00	19'00 to 20'15	24'30 to 26'00	51' to 54'
10	1'10 to 1'15	4'20 to 4'40	17'30 to 19'00	22'30 to 24'30	47' to 51'