

Swim with Sam				T Pace :55 – 1:19					www.sammorgancoaching.com							
									Instagram swimwithsamworkouts							
				Facebook: Swim with Sam												
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000	
:55-:59	:25	:45	1:10	1:25	2:10	2:50	3:35	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10	
:55-:59	:20	:40	1:00	1:15	1:55	2:30	3:10	3:45	5:00	6:15	7:30	8:45	10:00	11:15	12:30	
:55-:59	:20	:35	:55	1:10	1:45	2:20	2:55	3:30	4:40	5:50	7:00	8:10	9:20	10:30	11:40	
:55-:59	:20	:35	:50	1:05	1:40	2:10	2:45	3:15	4:20	5:25	6:30	7:35	8:40	9:45	10:50	
:55-:59	:15	:30	:45	1:00	1:30	2:00	2:30	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	
1:00 – 1:04	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00	
1:00 – 1:04	:20	:40	1:00	1:20	2:00	2:40	3:20	4:00	5:20	6:40	8:00	9:20	10:40	12:00	13:20	
1:00 – 1:04	:20	:40	1:00	1:15	1:55	2:30	3:10	3:45	5:00	6:15	7:30	8:45	10:00	11:15	12:30	
1:00 – 1:04	:20	:35	:55	1:10	1:45	2:20	2:55	3:30	4:40	5:50	7:00	8:10	9:20	10:30	11:40	
1:00 – 1:04	:20	:35	:50	1:05	1:40	2:10	2:45	3:15	4:20	5:25	6:30	7:35	8:40	9:45	10:50	
1:05 – 1:09	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50	
1:05 – 1:09	:25	:45	1:05	1:25	2:10	2:50	3:35	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10	
1:05 – 1:09	:20	:40	1:00	1:20	2:00	2:40	3:20	4:00	5:20	6:40	8:00	9:20	10:40	12:00	13:20	
1:05 – 1:09	:20	:40	1:00	1:15	1:55	2:30	3:10	3:45	5:00	6:15	7:30	8:45	10:00	11:15	12:30	
1:05 – 1:09	:20	:35	:55	1:10	1:45	2:20	2:55	3:30	4:40	5:50	7:00	8:10	9:20	10:30	11:40	
1:10 – 1:14	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40	
1:10 – 1:14	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00	
1:10 – 1:14	:25	:45	1:05	1:25	2:10	2:50	3:35	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10	
1:10 – 1:14	:20	:40	1:00	1:20	2:00	2:40	3:20	4:00	5:20	6:40	8:00	9:20	10:40	12:00	13:20	
1:10 – 1:14	:20	:40	1:00	1:15	1:55	2:30	3:10	3:45	5:00	6:15	7:30	8:45	10:00	11:15	12:30	
1:15 – 1:19	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30	
1:15 – 1:19	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50	
1:15 – 1:19	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00	
1:15 – 1:19	:25	:45	1:05	1:25	2:10	2:50	3:35	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10	
1:15 – 1:19	:20	:40	1:00	1:20	2:00	2:40	3:20	4:00	5:20	6:40	8:00	9:20	10:40	12:00	13:20	

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

Do not round Red, Blue, or Purple intervals.

If you're having a bad day use a slower threshold pace, don't change the pace colors

If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 1:05 – 1:29					www.sammorgancoaching.com							
									Instagram swimwithsamworkouts							
				Facebook: Swim with Sam												
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000	
1:05 – 1:09	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50	
1:05 – 1:09	:25	:45	1:05	1:25	2:10	2:50	3:35	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10	
1:05 – 1:09	:20	:40	1:00	1:20	2:00	2:40	3:20	4:00	5:20	6:40	8:00	9:20	10:40	12:00	13:20	
1:05 – 1:09	:20	:40	1:00	1:15	1:55	2:30	3:10	3:45	5:00	6:15	7:30	8:45	10:00	11:15	12:30	
1:05 – 1:09	:20	:35	:55	1:10	1:45	2:20	2:55	3:30	4:40	5:50	7:00	8:10	9:20	10:30	11:40	
1:10 – 1:14	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40	
1:10 – 1:14	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00	
1:10 – 1:14	:25	:45	1:05	1:25	2:10	2:50	3:35	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10	
1:10 – 1:14	:20	:40	1:00	1:20	2:00	2:40	3:20	4:00	5:20	6:40	8:00	9:20	10:40	12:00	13:20	
1:10 – 1:14	:20	:40	1:00	1:15	1:55	2:30	3:10	3:45	5:00	6:15	7:30	8:45	10:00	11:15	12:30	
1:15 – 1:19	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30	
1:15 – 1:19	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50	
1:15 – 1:19	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00	
1:15 – 1:19	:25	:45	1:05	1:25	2:10	2:50	3:35	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10	
1:15 – 1:19	:20	:40	1:00	1:20	2:00	2:40	3:20	4:00	5:20	6:40	8:00	9:20	10:40	12:00	13:20	
1:20 – 1:24	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20	
1:20 – 1:24	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40	
1:20 – 1:24	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50	
1:20 – 1:24	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00	
1:20 – 1:24	:25	:45	1:05	1:25	2:10	2:50	3:35	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10	
1:25 – 1:29	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10	
1:25 – 1:29	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30	
1:25 – 1:29	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40	
1:25 – 1:29	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50	
1:25 – 1:29	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00	

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

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If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 1:15 – 1:39					www.sammorgancoaching.com								
									Instagram swimwithsamworkouts								
									Facebook: Swim with Sam								
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000		
1:15 – 1:19	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30		
1:15 – 1:19	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50		
1:15 – 1:19	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00		
1:15 – 1:19	:25	:45	1:05	1:25	2:10	2:50	3:35	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10		
1:15 – 1:19	:20	:40	1:00	1:20	2:00	2:40	3:20	4:00	5:20	6:40	8:00	9:20	10:40	12:00	13:20		
1:20 – 1:24	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20		
1:20 – 1:24	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40		
1:20 – 1:24	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50		
1:20 – 1:24	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00		
1:20 – 1:24	:25	:45	1:05	1:25	2:10	2:50	3:35	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10		
1:25 – 1:29	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10		
1:25 – 1:29	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30		
1:25 – 1:29	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40		
1:25 – 1:29	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50		
1:25 – 1:29	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00		
1:30 – 1:34	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00		
1:30 – 1:34	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20		
1:30 – 1:34	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30		
1:30 – 1:34	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40		
1:30 – 1:34	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50		
1:35 – 1:39	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50		
1:35 – 1:39	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10		
1:35 – 1:39	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20		
1:35 – 1:39	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30		
1:35 – 1:39	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40		

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

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If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 1:25 – 1:49					www.sammorgancoaching.com							
									Instagram swimwithsamworkouts							
				Facebook: Swim with Sam												
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000	
1:25 – 1:29	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10	
1:25 – 1:29	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30	
1:25 – 1:29	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40	
1:25 – 1:29	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50	
1:25 – 1:29	:25	:45	1:10	1:30	2:15	3:00	3:45	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00	
1:30 – 1:34	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00	
1:30 – 1:34	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20	
1:30 – 1:34	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30	
1:30 – 1:34	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40	
1:30 – 1:34	:25	:50	1:15	1:35	2:25	3:10	4:00	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50	
1:35 – 1:39	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50	
1:35 – 1:39	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10	
1:35 – 1:39	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20	
1:35 – 1:39	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30	
1:35 – 1:39	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40	
1:40 – 1:44	:35	1:05	1:40	2:10	3:15	4:20	5:25	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40	
1:40 – 1:44	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00	
1:40 – 1:44	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10	
1:40 – 1:44	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20	
1:40 – 1:44	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30	
1:45 – 1:49	:35	1:10	1:45	2:15	3:25	4:30	5:40	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30	
1:45 – 1:49	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50	
1:45 – 1:49	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00	
1:45 – 1:49	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10	
1:45 – 1:49	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20	

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Swim with Sam				T Pace 1:35 – 1:59					www.sammorgancoaching.com							
									Instagram swimwithsamworkouts							
				Facebook: Swim with Sam												
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000	
1:35 – 1:39	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50	
1:35 – 1:39	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10	
1:35 – 1:39	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20	
1:35 – 1:39	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30	
1:35 – 1:39	:25	:50	1:15	1:40	2:30	3:20	4:10	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40	
1:40 – 1:44	:35	1:05	1:40	2:10	3:15	4:20	5:25	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40	
1:40 – 1:44	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00	
1:40 – 1:44	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10	
1:40 – 1:44	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20	
1:40 – 1:44	:30	:55	1:20	1:45	2:40	3:30	4:25	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30	
1:45 – 1:49	:35	1:10	1:45	2:15	3:25	4:30	5:40	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30	
1:45 – 1:49	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50	
1:45 – 1:49	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00	
1:45 – 1:49	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10	
1:45 – 1:49	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20	
1:50 – 1:54	:35	1:10	1:45	2:20	3:30	4:40	5:50	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20	
1:50 – 1:54	:35	1:05	1:40	2:10	3:15	4:20	5:25	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40	
1:50 – 1:54	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50	
1:50 – 1:54	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00	
1:50 – 1:54	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10	
1:55 – 1:59	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10	
1:55 – 1:59	:35	1:10	1:45	2:15	3:25	4:30	5:40	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30	
1:55 – 1:59	:35	1:05	1:40	2:10	3:15	4:20	5:25	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40	
1:55 – 1:59	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50	
1:55 – 1:59	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00	

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

Do not round Red, Blue, or Purple intervals.

If you're having a bad day use a slower threshold pace, don't change the pace colors

If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 1:45 – 2:09					www.sammorgancoaching.com								
									Instagram swimwithsamworkouts								
Facebook: Swim with Sam																	
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000		
1:45 – 1:49	:35	1:10	1:45	2:15	3:25	4:30	5:40	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30		
1:45 – 1:49	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50		
1:45 – 1:49	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00		
1:45 – 1:49	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10		
1:45 – 1:49	:30	:55	1:25	1:50	2:45	3:40	4:35	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20		
1:50 – 1:54	:35	1:10	1:45	2:20	3:30	4:40	5:50	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20		
1:50 – 1:54	:35	1:05	1:40	2:10	3:15	4:20	5:25	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40		
1:50 – 1:54	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50		
1:50 – 1:54	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00		
1:50 – 1:54	:30	1:00	1:30	1:55	2:55	3:50	4:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10		
1:55 – 1:59	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10		
1:55 – 1:59	:35	1:10	1:45	2:15	3:25	4:30	5:40	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30		
1:55 – 1:59	:35	1:05	1:40	2:10	3:15	4:20	5:25	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40		
1:55 – 1:59	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50		
1:55 – 1:59	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00		
2:00 – 2:04	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50		
2:00 – 2:04	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10		
2:00 – 2:04	:35	1:10	1:45	2:20	3:30	4:40	5:50	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20		
2:00 – 2:04	:35	1:10	1:45	2:15	3:25	4:30	5:40	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30		
2:00 – 2:04	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50		
2:05 – 2:09	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40		
2:05 – 2:09	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00		
2:05 – 2:09	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10		
2:05 – 2:09	:35	1:10	1:45	2:20	3:30	4:40	5:50	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20		
2:05 – 2:09	:35	1:05	1:40	2:10	3:15	4:20	5:25	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40		

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

Do not round Red, Blue, or Purple intervals.

If you're having a bad day use a slower threshold pace, don't change the pace colors

If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 1:55 – 2:19					www.sammorgancoaching.com							
									Instagram swimwithsamworkouts							
Facebook: Swim with Sam																
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000	
1:55 – 1:59	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10	
1:55 – 1:59	:35	1:10	1:45	2:15	3:25	4:30	5:40	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30	
1:55 – 1:59	:35	1:05	1:40	2:10	3:15	4:20	5:25	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40	
1:55 – 1:59	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50	
1:55 – 1:59	:30	1:00	1:30	2:00	3:00	4:00	5:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00	
2:00 – 2:04	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50	
2:00 – 2:04	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10	
2:00 – 2:04	:35	1:10	1:45	2:20	3:30	4:40	5:50	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20	
2:00 – 2:04	:35	1:10	1:45	2:15	3:25	4:30	5:40	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30	
2:00 – 2:04	:35	1:05	1:35	2:05	3:10	4:10	5:15	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50	
2:05 – 2:09	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40	
2:05 – 2:09	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00	
2:05 – 2:09	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10	
2:05 – 2:09	:35	1:10	1:45	2:20	3:30	4:40	5:50	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20	
2:05 – 2:09	:35	1:05	1:40	2:10	3:15	4:20	5:25	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40	
2:10 – 2:14	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30	
2:10 – 2:14	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50	
2:10 – 2:14	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00	
2:10 – 2:14	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10	
2:10 – 2:14	:35	1:10	1:45	2:15	3:25	4:30	5:40	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30	
2:15 – 2:19	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20	
2:15 – 2:19	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40	
2:15 – 2:19	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50	
2:15 – 2:19	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00	
2:15 – 2:19	:35	1:10	1:45	2:20	3:30	4:40	5:50	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20	

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If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 2:05 – 2:29					www.sammorgancoaching.com								
									Instagram swimwithsamworkouts								
									Facebook: Swim with Sam								
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000		
2:05 – 2:09	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40		
2:05 – 2:09	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00		
2:05 – 2:09	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10		
2:05 – 2:09	:35	1:10	1:45	2:20	3:30	4:40	5:50	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20		
2:05 – 2:09	:35	1:05	1:40	2:10	3:15	4:20	5:25	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40		
2:10 – 2:14	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30		
2:10 – 2:14	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50		
2:10 – 2:14	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00		
2:10 – 2:14	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10		
2:10 – 2:14	:35	1:10	1:45	2:15	3:25	4:30	5:40	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30		
2:15 – 2:19	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20		
2:15 – 2:19	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40		
2:15 – 2:19	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50		
2:15 – 2:19	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00		
2:15 – 2:19	:35	1:10	1:45	2:20	3:30	4:40	5:50	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20		
2:20 – 2:24	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10		
2:20 – 2:24	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30		
2:20 – 2:24	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40		
2:20 – 2:24	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50		
2:20 – 2:24	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10		
2:25 – 2:29	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00		
2:25 – 2:29	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20		
2:25 – 2:29	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30		
2:25 – 2:29	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40		
2:25 – 2:29	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00		

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

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If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 2:15 – 2:39					www.sammorgancoaching.com							
									Instagram swimwithsamworkouts							
				Facebook: Swim with Sam												
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000	
2:15 – 2:19	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20	
2:15 – 2:19	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40	
2:15 – 2:19	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50	
2:15 – 2:19	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00	
2:15 – 2:19	:35	1:10	1:45	2:20	3:30	4:40	5:50	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20	
2:20 – 2:24	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10	
2:20 – 2:24	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30	
2:20 – 2:24	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40	
2:20 – 2:24	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50	
2:20 – 2:24	:40	1:15	1:50	2:25	3:40	4:50	6:05	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10	
2:25 – 2:29	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00	
2:25 – 2:29	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20	
2:25 – 2:29	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30	
2:25 – 2:29	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40	
2:25 – 2:29	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00	
2:30 – 2:34	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50	
2:30 – 2:34	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10	
2:30 – 2:34	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20	
2:30 – 2:34	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30	
2:30 – 2:34	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50	
2:35 – 2:39	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40	
2:35 – 2:39	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00	
2:35 – 2:39	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10	
2:35 – 2:39	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20	
2:35 – 2:39	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40	

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

Do not round Red, Blue, or Purple intervals.

If you're having a bad day use a slower threshold pace, don't change the pace colors

If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 2:25 – 2:49					www.sammorgancoaching.com							
									Instagram swimwithsamworkouts							
				Facebook: Swim with Sam												
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000	
2:25 – 2:29	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00	
2:25 – 2:29	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20	
2:25 – 2:29	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30	
2:25 – 2:29	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40	
2:25 – 2:29	:40	1:15	1:55	2:30	3:45	5:00	6:15	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00	
2:30 – 2:34	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50	
2:30 – 2:34	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10	
2:30 – 2:34	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20	
2:30 – 2:34	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30	
2:30 – 2:34	:40	1:20	2:00	2:35	3:55	5:10	6:30	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50	
2:35 – 2:39	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40	
2:35 – 2:39	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00	
2:35 – 2:39	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10	
2:35 – 2:39	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20	
2:35 – 2:39	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40	
2:40 – 2:44	:50	1:40	2:30	3:15	4:55	6:30	8:10	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30	
2:40 – 2:44	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50	
2:40 – 2:44	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00	
2:40 – 2:44	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10	
2:40 – 2:44	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30	
2:45 – 2:49	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20	
2:45 – 2:49	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40	
2:45 – 2:49	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50	
2:45 – 2:49	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00	
2:45 – 2:49	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20	

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

Do not round Red, Blue, or Purple intervals.

If you're having a bad day use a slower threshold pace, don't change the pace colors

If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 2:35 – 2:59					www.sammorgancoaching.com								
									Instagram swimwithsamworkouts								
									Facebook: Swim with Sam								
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000		
2:35 – 2:39	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40		
2:35 – 2:39	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00		
2:35 – 2:39	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10		
2:35 – 2:39	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20		
2:35 – 2:39	:40	1:20	2:00	2:40	4:00	5:20	6:40	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40		
2:40 – 2:44	:50	1:40	2:30	3:15	4:55	6:30	8:10	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30		
2:40 – 2:44	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50		
2:40 – 2:44	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00		
2:40 – 2:44	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10		
2:40 – 2:44	:45	1:25	2:05	2:45	4:10	5:30	6:55	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30		
2:45 – 2:49	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20		
2:45 – 2:49	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40		
2:45 – 2:49	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50		
2:45 – 2:49	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00		
2:45 – 2:49	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20		
2:50 – 2:54	:55	1:45	2:35	3:25	5:10	6:50	8:35	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10		
2:50 – 2:54	:50	1:40	2:30	3:15	4:55	6:30	8:10	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30		
2:50 – 2:54	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40		
2:50 – 2:54	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50		
2:50 – 2:54	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10		
2:55 – 2:59	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00		
2:55 – 2:59	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20		
2:55 – 2:59	:50	1:40	2:30	3:15	4:55	6:30	8:10	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30		
2:55 – 2:59	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40		
2:55 – 2:59	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00		

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

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If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 2:45 – 3:09						www.sammorgancoaching.com							
										Instagram swimwithsamworkouts							
Facebook: Swim with Sam																	
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000		
2:45 – 2:49	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20		
2:45 – 2:49	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40		
2:45 – 2:49	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50		
2:45 – 2:49	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00		
2:45 – 2:49	:45	1:25	2:10	2:50	4:15	5:40	7:05	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20		
2:50 – 2:54	:55	1:45	2:35	3:25	5:10	6:50	8:35	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10		
2:50 – 2:54	:50	1:40	2:30	3:15	4:55	6:30	8:10	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30		
2:50 – 2:54	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40		
2:50 – 2:54	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50		
2:50 – 2:54	:45	1:30	2:15	2:55	4:25	5:50	7:20	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10		
2:55 – 2:59	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00		
2:55 – 2:59	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20		
2:55 – 2:59	:50	1:40	2:30	3:15	4:55	6:30	8:10	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30		
2:55 – 2:59	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40		
2:55 – 2:59	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00		
3:00 – 3:04	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40		
3:00 – 3:04	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00		
3:00 – 3:04	:55	1:45	2:35	3:25	5:10	6:50	8:35	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10		
3:00 – 3:04	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20		
3:00 – 3:04	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50		
3:05 – 3:09	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30		
3:05 – 3:09	:55	1:50	2:45	3:35	5:25	7:10	9:00	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50		
3:05 – 3:09	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00		
3:05 – 3:09	:55	1:45	2:35	3:25	5:10	6:50	8:35	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10		
3:05 – 3:09	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40		

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

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Swim with Sam				T Pace 2:55 – 3:19						www.sammorgancoaching.com						
										Instagram swimwithsamworkouts						
				Facebook: Swim with Sam												
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000	
2:55 – 2:59	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00	
2:55 – 2:59	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20	
2:55 – 2:59	:50	1:40	2:30	3:15	4:55	6:30	8:10	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30	
2:55 – 2:59	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40	
2:55 – 2:59	:45	1:30	2:15	3:00	4:30	6:00	7:30	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00	
3:00 – 3:04	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40	
3:00 – 3:04	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00	
3:00 – 3:04	:55	1:45	2:35	3:25	5:10	6:50	8:35	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10	
3:00 – 3:04	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20	
3:00 – 3:04	:50	1:35	2:20	3:05	4:40	6:10	7:45	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50	
3:05 – 3:09	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30	
3:05 – 3:09	:55	1:50	2:45	3:35	5:25	7:10	9:00	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50	
3:05 – 3:09	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00	
3:05 – 3:09	:55	1:45	2:35	3:25	5:10	6:50	8:35	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10	
3:05 – 3:09	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40	
3:10 – 3:14	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20	
3:10 – 3:14	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40	
3:10 – 3:14	:55	1:50	2:45	3:35	5:25	7:10	9:00	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50	
3:10 – 3:14	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00	
3:10 – 3:14	:50	1:40	2:30	3:15	4:55	6:30	8:10	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30	
3:15 – 3:19	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10	
3:15 – 3:19	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30	
3:15 – 3:19	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40	
3:15 – 3:19	:55	1:50	2:45	3:35	5:25	7:10	9:00	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50	
3:15 – 3:19	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20	

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

Do not round Red, Blue, or Purple intervals.

If you're having a bad day use a slower threshold pace, don't change the pace colors

If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 3:05 – 3:29					www.sammorgancoaching.com								
									Instagram swimwithsamworkouts								
									Facebook: Swim with Sam								
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000		
3:05 – 3:09	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30		
3:05 – 3:09	:55	1:50	2:45	3:35	5:25	7:10	9:00	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50		
3:05 – 3:09	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00		
3:05 – 3:09	:55	1:45	2:35	3:25	5:10	6:50	8:35	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10		
3:05 – 3:09	:50	1:35	2:25	3:10	4:45	6:20	7:55	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40		
3:10 – 3:14	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20		
3:10 – 3:14	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40		
3:10 – 3:14	:55	1:50	2:45	3:35	5:25	7:10	9:00	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50		
3:10 – 3:14	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00		
3:10 – 3:14	:50	1:40	2:30	3:15	4:55	6:30	8:10	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30		
3:15 – 3:19	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10		
3:15 – 3:19	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30		
3:15 – 3:19	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40		
3:15 – 3:19	:55	1:50	2:45	3:35	5:25	7:10	9:00	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50		
3:15 – 3:19	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20		
3:20 – 3:24	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00		
3:20 – 3:24	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20		
3:20 – 3:24	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30		
3:20 – 3:24	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40		
3:20 – 3:24	:55	1:45	2:35	3:25	5:10	6:50	8:35	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10		
3:25 – 3:29	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50		
3:25 – 3:29	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10		
3:25 – 3:29	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20		
3:25 – 3:29	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30		
3:25 – 3:29	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00		

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

Do not round Red, Blue, or Purple intervals.

If you're having a bad day use a slower threshold pace, don't change the pace colors

If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 3:15 – 3:39					www.sammorgancoaching.com								
									Instagram swimwithsamworkouts								
									Facebook: Swim with Sam								
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000		
3:15 – 3:19	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10		
3:15 – 3:19	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30		
3:15 – 3:19	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40		
3:15 – 3:19	:55	1:50	2:45	3:35	5:25	7:10	9:00	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50		
3:15 – 3:19	:50	1:40	2:30	3:20	5:00	6:40	8:20	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20		
3:20 – 3:24	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00		
3:20 – 3:24	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20		
3:20 – 3:24	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30		
3:20 – 3:24	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40		
3:20 – 3:24	:55	1:45	2:35	3:25	5:10	6:50	8:35	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10		
3:25 – 3:29	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50		
3:25 – 3:29	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10		
3:25 – 3:29	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20		
3:25 – 3:29	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30		
3:25 – 3:29	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00		
3:30 – 3:34	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40		
3:30 – 3:34	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00		
3:30 – 3:34	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10		
3:30 – 3:34	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20		
3:30 – 3:34	:55	1:50	2:45	3:35	5:25	7:10	9:00	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50		
3:35 – 3:39	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30		
3:35 – 3:39	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50		
3:35 – 3:39	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00		
3:35 – 3:39	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10		
3:35 – 3:39	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40		

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

Do not round Red, Blue, or Purple intervals.

If you're having a bad day use a slower threshold pace, don't change the pace colors

If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 3:25 – 3:49					www.sammorgancoaching.com							
									Instagram swimwithsamworkouts							
Facebook: Swim with Sam																
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000	
3:25 – 3:29	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50	
3:25 – 3:29	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10	
3:25 – 3:29	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20	
3:25 – 3:29	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30	
3:25 – 3:29	:55	1:45	2:40	3:30	5:15	7:00	8:45	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00	
3:30 – 3:34	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40	
3:30 – 3:34	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00	
3:30 – 3:34	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10	
3:30 – 3:34	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20	
3:30 – 3:34	:55	1:50	2:45	3:35	5:25	7:10	9:00	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50	
3:35 – 3:39	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30	
3:35 – 3:39	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50	
3:35 – 3:39	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00	
3:35 – 3:39	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10	
3:35 – 3:39	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40	
3:40 – 3:44	1:05	2:10	3:15	4:20	6:30	8:40	10:50	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20	
3:40 – 3:44	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40	
3:40 – 3:44	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50	
3:40 – 3:44	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00	
3:40 – 3:44	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30	
3:45 – 3:49	1:10	2:15	3:20	4:25	6:40	8:50	11:05	13:15	17:40	22:05	26:30	30:55	35:20	39:45	44:10	
3:45 – 3:49	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30	
3:45 – 3:49	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40	
3:45 – 3:49	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50	
3:45 – 3:49	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20	

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

Do not round Red, Blue, or Purple intervals.

If you're having a bad day use a slower threshold pace, don't change the pace colors

If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 3:35 – 3:59					www.sammorgancoaching.com								
									Instagram swimwithsamworkouts								
Facebook: Swim with Sam																	
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000		
3:35 – 3:39	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30		
3:35 – 3:39	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50		
3:35 – 3:39	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00		
3:35 – 3:39	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10		
3:35 – 3:39	:55	1:50	2:45	3:40	5:30	7:20	9:10	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40		
3:40 – 3:44	1:05	2:10	3:15	4:20	6:30	8:40	10:50	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20		
3:40 – 3:44	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40		
3:40 – 3:44	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50		
3:40 – 3:44	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00		
3:40 – 3:44	1:00	1:55	2:50	3:45	5:40	7:30	9:25	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30		
3:45 – 3:49	1:10	2:15	3:20	4:25	6:40	8:50	11:05	13:15	17:40	22:05	26:30	30:55	35:20	39:45	44:10		
3:45 – 3:49	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30		
3:45 – 3:49	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40		
3:45 – 3:49	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50		
3:45 – 3:49	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20		
3:50 – 3:54	1:10	2:15	3:25	4:30	6:45	9:00	11:15	13:30	18:00	22:30	27:00	31:30	36:00	40:30	45:00		
3:50 – 3:54	1:05	2:10	3:15	4:20	6:30	8:40	10:50	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20		
3:50 – 3:54	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30		
3:50 – 3:54	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40		
3:50 – 3:54	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10		
3:55 – 3:59	1:10	2:20	3:30	4:35	6:55	9:10	11:30	13:45	18:20	22:55	27:30	32:05	36:40	41:15	45:50		
3:55 – 3:59	1:10	2:15	3:20	4:25	6:40	8:50	11:05	13:15	17:40	22:05	26:30	30:55	35:20	39:45	44:10		
3:55 – 3:59	1:05	2:10	3:15	4:20	6:30	8:40	10:50	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20		
3:55 – 3:59	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30		
3:55 – 3:59	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00		

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

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If you're having a bad day use a slower threshold pace, don't change the pace colors

If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 3:45 – 4:19					www.sammorgancoaching.com								
									Instagram swimwithsamworkouts								
									Facebook: Swim with Sam								
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000		
3:45 – 3:49	1:10	2:15	3:20	4:25	6:40	8:50	11:05	13:15	17:40	22:05	26:30	30:55	35:20	39:45	44:10		
3:45 – 3:49	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30		
3:45 – 3:49	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40		
3:45 – 3:49	1:05	2:05	3:05	4:05	6:10	8:10	10:15	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50		
3:45 – 3:49	1:00	1:55	2:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20		
3:50 – 3:54	1:10	2:15	3:25	4:30	6:45	9:00	11:15	13:30	18:00	22:30	27:00	31:30	36:00	40:30	45:00		
3:50 – 3:54	1:05	2:10	3:15	4:20	6:30	8:40	10:50	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20		
3:50 – 3:54	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30		
3:50 – 3:54	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40		
3:50 – 3:54	1:00	2:00	3:00	3:55	5:55	7:50	9:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10		
3:55 – 3:59	1:10	2:20	3:30	4:35	6:55	9:10	11:30	13:45	18:20	22:55	27:30	32:05	36:40	41:15	45:50		
3:55 – 3:59	1:10	2:15	3:20	4:25	6:40	8:50	11:05	13:15	17:40	22:05	26:30	30:55	35:20	39:45	44:10		
3:55 – 3:59	1:05	2:10	3:15	4:20	6:30	8:40	10:50	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20		
3:55 – 3:59	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30		
3:55 – 3:59	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00		
4:00 – 4:09	1:15	2:25	3:40	4:50	7:15	9:40	12:05	14:30	19:20	24:10	29:00	33:50	38:40	43:30	48:20		
4:00 – 4:09	1:10	2:20	3:30	4:40	7:00	9:20	11:40	14:00	18:40	23:20	28:00	32:40	37:20	42:00	46:40		
4:00 – 4:09	1:10	2:20	3:30	4:35	6:55	9:10	11:30	13:45	18:20	22:55	27:30	32:05	36:40	41:15	45:50		
4:00 – 4:09	1:10	2:15	3:25	4:30	6:45	9:00	11:15	13:30	18:00	22:30	27:00	31:30	36:00	40:30	45:00		
4:00 – 4:09	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40		
4:10 – 4:19	1:15	2:30	3:45	5:00	7:30	10:00	12:30	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00		
4:10 – 4:19	1:15	2:25	3:40	4:50	7:15	9:40	12:05	14:30	19:20	24:10	29:00	33:50	38:40	43:30	48:20		
4:10 – 4:19	1:15	2:25	3:35	4:45	7:10	9:30	11:55	14:15	19:00	23:45	28:30	33:15	38:00	42:45	47:30		
4:10 – 4:19	1:10	2:20	3:30	4:40	7:00	9:20	11:40	14:00	18:40	23:20	28:00	32:40	37:20	42:00	46:40		
4:10 – 4:19	1:05	2:10	3:15	4:20	6:30	8:40	10:50	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20		

You can round White and Pink 5 seconds to make even numbers e.g. 6:55 or 7:05 → 7:00

If you make a White interval by more than 1:00 shorten the interval and leave when convenient

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If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 3:55 – 4:39					www.sammorgancoaching.com												
									Instagram swimwithsamworkouts												
Facebook: Swim with Sam																					
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000						
3:55 – 3:59	1:10	2:20	3:30	4:35	6:55	9:10	11:30	13:45	18:20	22:55	27:30	32:05	36:40	41:15	45:50						
3:55 – 3:59	1:10	2:15	3:20	4:25	6:40	8:50	11:05	13:15	17:40	22:05	26:30	30:55	35:20	39:45	44:10						
3:55 – 3:59	1:05	2:10	3:15	4:20	6:30	8:40	10:50	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20						
3:55 – 3:59	1:05	2:10	3:15	4:15	6:25	8:30	10:40	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30						
3:55 – 3:59	1:00	2:00	3:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00						
4:00 – 4:09	1:15	2:25	3:40	4:50	7:15	9:40	12:05	14:30	19:20	24:10	29:00	33:50	38:40	43:30	48:20						
4:00 – 4:09	1:10	2:20	3:30	4:40	7:00	9:20	11:40	14:00	18:40	23:20	28:00	32:40	37:20	42:00	46:40						
4:00 – 4:09	1:10	2:20	3:30	4:35	6:55	9:10	11:30	13:45	18:20	22:55	27:30	32:05	36:40	41:15	45:50						
4:00 – 4:09	1:10	2:15	3:25	4:30	6:45	9:00	11:15	13:30	18:00	22:30	27:00	31:30	36:00	40:30	45:00						
4:00 – 4:09	1:05	2:05	3:10	4:10	6:15	8:20	10:25	12:30	16:40	20:50	25:00	29:10	33:20	37:30	41:40						
4:10 – 4:19	1:15	2:30	3:45	5:00	7:30	10:00	12:30	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00						
4:10 – 4:19	1:15	2:25	3:40	4:50	7:15	9:40	12:05	14:30	19:20	24:10	29:00	33:50	38:40	43:30	48:20						
4:10 – 4:19	1:15	2:25	3:35	4:45	7:10	9:30	11:55	14:15	19:00	23:45	28:30	33:15	38:00	42:45	47:30						
4:10 – 4:19	1:10	2:20	3:30	4:40	7:00	9:20	11:40	14:00	18:40	23:20	28:00	32:40	37:20	42:00	46:40						
4:10 – 4:19	1:05	2:10	3:15	4:20	6:30	8:40	10:50	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20						
4:20 – 4:29	1:20	2:35	3:55	5:10	7:45	10:20	12:55	15:30	20:40	25:50	31:00	36:10	41:20	46:30	51:40						
4:20 – 4:29	1:15	2:30	3:45	5:00	7:30	10:00	12:30	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00						
4:20 – 4:29	1:15	2:30	3:45	4:55	7:25	9:50	12:20	14:45	19:40	24:35	29:30	34:25	39:20	44:15	49:10						
4:20 – 4:29	1:15	2:25	3:40	4:50	7:15	9:40	12:05	14:30	19:20	24:10	29:00	33:50	38:40	43:30	48:20						
4:20 – 4:29	1:10	2:15	3:25	4:30	6:45	9:00	11:15	13:30	18:00	22:30	27:00	31:30	36:00	40:30	45:00						
4:30 – 4:39	1:20	2:40	4:00	5:20	8:00	10:40	13:20	16:00	21:20	26:40	32:00	37:20	42:40	48:00	53:20						
4:30 – 4:39	1:20	2:35	3:55	5:10	7:45	10:20	12:55	15:30	20:40	25:50	31:00	36:10	41:20	46:30	51:40						
4:30 – 4:39	1:20	2:35	3:50	5:05	7:40	10:10	12:45	15:15	20:20	25:25	30:30	35:35	40:40	45:45	50:50						
4:30 – 4:39	1:15	2:30	3:45	5:00	7:30	10:00	12:30	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00						
4:30 – 4:39	1:10	2:20	3:30	4:40	7:00	9:20	11:40	14:00	18:40	23:20	28:00	32:40	37:20	42:00	46:40						

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If you make a White interval by more than 1:00 shorten the interval and leave when convenient

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If you're making Purple intervals without challenge you should retest your threshold pace

Swim with Sam				T Pace 4:10 – 4:59						www.sammorgancoaching.com							
										Instagram swimwithsamworkouts							
Facebook: Swim with Sam																	
T Pace	25	50	75	100	150	200	250	300	400	500	600	700	800	900	1000		
4:10 – 4:19	1:15	2:30	3:45	5:00	7:30	10:00	12:30	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00		
4:10 – 4:19	1:15	2:25	3:40	4:50	7:15	9:40	12:05	14:30	19:20	24:10	29:00	33:50	38:40	43:30	48:20		
4:10 – 4:19	1:15	2:25	3:35	4:45	7:10	9:30	11:55	14:15	19:00	23:45	28:30	33:15	38:00	42:45	47:30		
4:10 – 4:19	1:10	2:20	3:30	4:40	7:00	9:20	11:40	14:00	18:40	23:20	28:00	32:40	37:20	42:00	46:40		
4:10 – 4:19	1:05	2:10	3:15	4:20	6:30	8:40	10:50	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20		
4:20 – 4:29	1:20	2:35	3:55	5:10	7:45	10:20	12:55	15:30	20:40	25:50	31:00	36:10	41:20	46:30	51:40		
4:20 – 4:29	1:15	2:30	3:45	5:00	7:30	10:00	12:30	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00		
4:20 – 4:29	1:15	2:30	3:45	4:55	7:25	9:50	12:20	14:45	19:40	24:35	29:30	34:25	39:20	44:15	49:10		
4:20 – 4:29	1:15	2:25	3:40	4:50	7:15	9:40	12:05	14:30	19:20	24:10	29:00	33:50	38:40	43:30	48:20		
4:20 – 4:29	1:10	2:15	3:25	4:30	6:45	9:00	11:15	13:30	18:00	22:30	27:00	31:30	36:00	40:30	45:00		
4:30 – 4:39	1:20	2:40	4:00	5:20	8:00	10:40	13:20	16:00	21:20	26:40	32:00	37:20	42:40	48:00	53:20		
4:30 – 4:39	1:20	2:35	3:55	5:10	7:45	10:20	12:55	15:30	20:40	25:50	31:00	36:10	41:20	46:30	51:40		
4:30 – 4:39	1:20	2:35	3:50	5:05	7:40	10:10	12:45	15:15	20:20	25:25	30:30	35:35	40:40	45:45	50:50		
4:30 – 4:39	1:15	2:30	3:45	5:00	7:30	10:00	12:30	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00		
4:30 – 4:39	1:10	2:20	3:30	4:40	7:00	9:20	11:40	14:00	18:40	23:20	28:00	32:40	37:20	42:00	46:40		
4:40 – 4:49	1:25	2:45	4:10	5:30	8:15	11:00	13:45	16:30	22:00	27:30	33:00	38:30	44:00	49:30	55:00		
4:40 – 4:49	1:20	2:40	4:00	5:20	8:00	10:40	13:20	16:00	21:20	26:40	32:00	37:20	42:40	48:00	53:20		
4:40 – 4:49	1:20	2:40	4:00	5:15	7:55	10:30	13:10	15:45	21:00	26:15	31:30	36:45	42:00	47:15	52:30		
4:40 – 4:49	1:20	2:35	3:55	5:10	7:45	10:20	13:00	15:30	20:40	25:50	31:00	36:10	41:20	46:30	51:40		
4:40 – 4:49	1:15	2:25	3:40	4:50	7:15	9:40	12:05	14:30	19:20	24:10	29:00	33:50	38:40	43:30	48:20		
4:50 – 4:59	1:25	2:50	4:15	5:40	8:30	11:20	14:10	17:00	22:40	28:20	34:00	39:40	45:20	51:00	56:40		
4:50 – 4:59	1:25	2:45	4:10	5:30	8:15	11:00	13:45	16:30	22:00	27:30	33:00	38:30	44:00	49:30	55:00		
4:50 – 4:59	1:25	2:45	4:05	5:25	8:10	10:50	13:35	16:15	21:40	27:05	32:30	37:55	43:20	48:45	54:10		
4:50 – 4:59	1:20	2:40	4:00	5:20	8:00	10:40	13:20	16:00	21:20	26:40	32:00	37:20	42:40	48:00	53:20		
4:50 – 4:59	1:15	2:30	3:45	5:00	7:30	10:00	12:30	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00		

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