

## Intervals conversions between 33<sup>1</sup>/<sub>3</sub> and 25 metres pools

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

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

Below is a conversion between 66 metres and 75 metres

## Intervals conversions between 66 metres and 75 metres

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
<b>2 lengths (66 m)</b>	<b>2'10</b>	<b>3 lengths (75 m)</b>	<b>2'25</b>
2 lengths (66 m)	2'05	3 lengths (75 m)	2'20
<b>2 lengths (66 m)</b>	<b>2'00</b>	<b>3 lengths (75 m)</b>	<b>2'15</b>
2 lengths (66 m)	1'55	3 lengths (75 m)	2'10
<b>2 lengths (66 m)</b>	<b>1'50</b>	<b>3 lengths (75 m)</b>	<b>2'05</b>
2 lengths (66 m)	1'45	3 lengths (75 m)	2'00
<b>2 lengths (66 m)</b>	<b>1'40</b>	<b>3 lengths (75 m)</b>	<b>1'55</b>
2 lengths (66 m)	1'35	3 lengths (75 m)	1'45
<b>2 lengths (66 m)</b>	<b>1'30</b>	<b>3 lengths (75 m)</b>	<b>1'40</b>
2 lengths (66 m)	1'25	3 lengths (75 m)	1'35
<b>2 lengths (66 m)</b>	<b>1'20</b>	<b>3 lengths (75 m)</b>	<b>1'30</b>
2 lengths (66 m)	1'15	3 lengths (75 m)	1'25
<b>2 lengths (66 m)</b>	<b>1'10</b>	<b>3 lengths (75 m)</b>	<b>1'20</b>
2 lengths (66 m)	1'05	3 lengths (75 m)	1'15
<b>2 lengths (66 m)</b>	<b>1'00</b>	<b>3 lengths (75 m)</b>	<b>1'10</b>
2 lengths (66 m)	55"	3 lengths (75 m)	1'00
<b>2 lengths (66 m)</b>	<b>50"</b>	<b>3 lengths (75 m)</b>	<b>55"</b>
2 lengths (66 m)	45"	3 lengths (75 m)	50"

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