

## DSST Pace Clock

(Interval Training)

SCY Lane Intervals	100	200	300	400	500	600	700	800	900	1000	1500	1650	Hour Swim	45 min Swim
	<b>1:00</b>	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	15:00	16:30	6000	4500
	<b>1:05</b>	2:10	3:15	4:20	5:25	6:30	7:35	8:40	9:45	10:50	16:15	17:52	5,535	4151
	<b>1:10</b>	2:20	3:30	4:40	5:50	7:00	8:10	9:20	10:30	11:40	17:30	19:15	5,140	3855
Lanes 1 & 2	<b>1:15</b>	2:30	3:45	5:00	6:15	7:30	8:45	10:00	11:15	12:30	18:45	20:37	4,800	3600
	<b>1:20</b>	2:40	4:00	5:20	6:40	8:00	9:20	10:40	12:00	13:20	20:00	22:00	4,500	3375
Lanes 3 & 4	<b>1:25</b>	2:50	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10	21:15	23:22	4,235	3176
	<b>1:30</b>	3:00	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00	22:30	24:45	4,000	3000
	<b>1:35</b>	3:10	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50	23:45	26:07	3,785	2839
Lanes 5 & 6	<b>1:40</b>	3:20	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40	25:00	27:30	3,600	2700
	<b>1:45</b>	3:30	5:15	7:00	8:45	10:30	12:15	14:00	15:45	17:30	26:15	28:52	3,425	2569
Lanes 7 & 8	<b>1:50</b>	3:40	5:30	7:20	9:10	11:00	12:50	14:40	16:30	18:20	27:30	30:15	3,270	2453
	<b>1:55</b>	3:50	5:45	7:40	9:35	11:30	13:25	15:20	17:15	19:10	28:45	31:37	3,130	2348
	<b>2:00</b>	4:00	6:00	8:00	10:00	12:00	14:00	16:00	18:00	20:00	30:00	33:00	3,000	2250
	<b>2:05</b>	4:10	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50	31:15	34:22	2,880	2160
	<b>2:10</b>	4:20	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40	32:30	35:45	2,765	2074
Lane 9	<b>2:15</b>	4:30	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30	33:45	37:07	2,665	1999
	<b>2:20</b>	4:40	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20	35:00	38:30	2,570	1928
	<b>2:30</b>	5:00	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00	37:30	41:15	2,400	1800
	<b>2:40</b>	5:20	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40	40:00	44:00	2,250	1688
	<b>2:50</b>	5:40	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20	42:30	46:45	2,115	1586
	<b>3:00</b>	6:00	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00	45:00	49:30	2,000	1500