

CHOOSE YOUR POD



Our pods are based on the following
SUSTAINABLE swim times:

	GREEN	ORANGE	RED
Mins / mile	36 - 45	28 - 35	<28
Miles / hour	1.3 - 1.8	1.7 - 2.1	<2.1
Mins / 100 yards	2.1 - 2.33	1.37 - 2	<1.36
Mins / km	23-28	17.5 - 22	<17.5
Km / hour	2.1 - 2.6	2.7 - 3.4	<3.4
Pace in mins / 100m	2.13 - 2.48	1.45 - 2.12	<1.45