

Percentage of Effort Chart provided by Joan Diercks YMCA Indy SwimFit

Percentage of Effort							Percentage of Effort						
100%	95%	90%	85%	80%	75%	70%	100%	95%	90%	85%	80%	75%	70%
00:19.0	00:20.0	00:20.9	00:21.8	00:22.8	00:23.8	00:24.7	00:44.5	00:46.7	00:49.0	00:51.2	00:53.4	00:55.6	00:57.9
00:19.5	00:20.5	00:21.5	00:22.4	00:23.4	00:24.4	00:25.4	00:45.0	00:47.3	00:49.5	00:51.7	00:54.0	00:56.3	00:58.5
00:20.0	00:21.0	00:22.0	00:23.0	00:24.0	00:25.0	00:26.0	00:45.5	00:47.8	00:50.0	00:52.3	00:54.6	00:56.9	00:59.1
00:20.5	00:21.5	00:22.6	00:23.6	00:24.6	00:25.6	00:26.6	00:46.0	00:48.3	00:50.6	00:52.9	00:55.2	00:57.5	00:59.8
00:21.0	00:22.1	00:23.1	00:24.1	00:25.2	00:26.3	00:27.3	00:46.5	00:48.8	00:51.2	00:53.5	00:55.8	00:58.1	01:00.4
00:21.5	00:22.6	00:23.7	00:24.7	00:25.8	00:26.9	00:28.0	00:47.0	00:49.3	00:51.7	00:54.0	00:56.4	00:58.7	01:01.1
00:22.0	00:23.1	00:24.2	00:25.3	00:26.4	00:27.5	00:28.6	00:47.5	00:49.9	00:52.3	00:54.6	00:57.0	00:59.4	01:01.8
00:22.5	00:23.6	00:24.8	00:25.9	00:27.0	00:28.1	00:29.3	00:48.0	00:50.4	00:52.8	00:55.2	00:57.6	01:00.0	01:02.4
00:23.0	00:24.2	00:25.3	00:26.5	00:27.6	00:28.7	00:29.9	00:48.5	00:50.9	00:53.3	00:55.8	00:58.2	01:00.6	01:03.1
00:23.5	00:24.7	00:25.8	00:27.0	00:28.2	00:29.4	00:30.5	00:49.0	00:51.5	00:53.9	00:56.3	00:58.8	01:01.3	01:03.7
00:24.0	00:25.2	00:26.4	00:27.6	00:28.8	00:30.0	00:31.2	00:49.5	00:52.0	00:54.5	00:56.9	00:59.4	01:01.9	01:04.4
00:24.5	00:25.7	00:27.0	00:28.2	00:29.4	00:30.6	00:31.9	00:50.0	00:52.5	00:55.0	00:57.5	01:00.0	01:02.5	01:05.0
00:25.0	00:26.3	00:27.5	00:28.7	00:30.0	00:31.2	00:32.5	00:50.5	00:53.0	00:55.6	00:58.1	01:00.6	01:03.1	01:05.6
00:25.5	00:26.8	00:28.1	00:29.3	00:30.6	00:31.9	00:33.2	00:51.0	00:53.6	00:56.1	00:58.6	01:01.2	01:03.8	01:06.3
00:26.0	00:27.3	00:28.6	00:29.9	00:31.2	00:32.5	00:33.8	00:51.5	00:54.1	00:56.7	00:59.2	01:01.8	01:04.4	01:06.9
00:26.5	00:27.8	00:29.1	00:30.5	00:31.8	00:33.1	00:34.5	00:52.0	00:54.6	00:57.2	00:59.8	01:02.4	01:05.0	01:07.6
00:27.0	00:28.4	00:29.7	00:31.0	00:32.4	00:33.8	00:35.1	00:52.5	00:55.1	00:57.8	01:00.4	01:03.0	01:05.6	01:08.3
00:27.5	00:28.9	00:30.3	00:31.6	00:33.0	00:34.4	00:35.7	00:53.0	00:55.7	00:58.3	01:00.9	01:03.6	01:06.2	01:08.9
00:28.0	00:29.4	00:30.8	00:32.2	00:33.6	00:35.0	00:36.4	00:53.5	00:56.2	00:58.8	01:01.5	01:04.2	01:06.9	01:09.5
00:28.5	00:29.9	00:31.4	00:32.8	00:34.2	00:35.6	00:37.0	00:54.0	00:56.7	00:59.4	01:02.1	01:04.8	01:07.5	01:10.2
00:29.0	00:30.5	00:31.9	00:33.3	00:34.8	00:36.2	00:37.7	00:54.5	00:57.2	01:00.0	01:02.7	01:05.4	01:08.1	01:10.8
00:29.5	00:31.0	00:32.5	00:33.9	00:35.4	00:36.9	00:38.4	00:55.0	00:57.8	01:00.5	01:03.2	01:06.0	01:08.7	01:11.5
00:30.0	00:31.5	00:33.0	00:34.5	00:36.0	00:37.5	00:39.0	00:55.5	00:58.3	01:01.0	01:03.8	01:06.6	01:09.4	01:12.2
00:30.5	00:32.0	00:33.5	00:35.1	00:36.6	00:38.1	00:39.6	00:56.0	00:58.8	01:01.6	01:04.4	01:07.2	01:10.0	01:12.8
00:31.0	00:32.6	00:34.1	00:35.6	00:37.2	00:38.8	00:40.3	00:56.5	00:59.3	01:02.1	01:05.0	01:07.8	01:10.6	01:13.5
00:31.5	00:33.1	00:34.7	00:36.2	00:37.8	00:39.4	00:40.9	00:57.0	00:59.9	01:02.7	01:05.5	01:08.4	01:11.2	01:14.1
00:32.0	00:33.6	00:35.2	00:36.8	00:38.4	00:40.0	00:41.6	00:57.5	01:00.4	01:03.2	01:06.1	01:09.0	01:11.9	01:14.7
00:32.5	00:34.1	00:35.7	00:37.4	00:39.0	00:40.6	00:42.2	00:58.0	01:00.9	01:03.8	01:06.7	01:09.6	01:12.5	01:15.4
00:33.0	00:34.6	00:36.3	00:38.0	00:39.6	00:41.2	00:42.9	00:58.5	01:01.4	01:04.4	01:07.3	01:10.2	01:13.1	01:16.1
00:33.5	00:35.2	00:36.8	00:38.5	00:40.2	00:41.9	00:43.6	00:59.0	01:01.9	01:04.9	01:07.8	01:10.8	01:13.7	01:16.7
00:34.0	00:35.7	00:37.4	00:39.1	00:40.8	00:42.5	00:44.2	00:59.5	01:02.5	01:05.4	01:08.4	01:11.4	01:14.4	01:17.3
00:34.5	00:36.2	00:38.0	00:39.7	00:41.4	00:43.1	00:44.8	01:00.0	01:03.0	01:06.0	01:09.0	01:12.0	01:15.0	01:18.0
00:35.0	00:36.8	00:38.5	00:40.2	00:42.0	00:43.7	00:45.5	01:01.0	01:04.0	01:07.1	01:10.1	01:13.2	01:16.2	01:19.3
00:35.5	00:37.3	00:39.1	00:40.8	00:42.6	00:44.4	00:46.2	01:02.0	01:05.1	01:08.2	01:11.3	01:14.4	01:17.5	01:20.6
00:36.0	00:37.8	00:39.6	00:41.4	00:43.2	00:45.0	00:46.8	01:03.0	01:06.1	01:09.3	01:12.4	01:15.6	01:18.7	01:21.9
00:36.5	00:38.3	00:40.2	00:42.0	00:43.8	00:45.6	00:47.5	01:04.0	01:07.2	01:10.4	01:13.6	01:16.8	01:20.0	01:23.2
00:37.0	00:38.8	00:40.7	00:42.5	00:44.4	00:46.3	00:48.1	01:05.0	01:08.2	01:11.5	01:14.7	01:18.0	01:21.2	01:24.5
00:37.5	00:39.4	00:41.3	00:43.1	00:45.0	00:46.9	00:48.7	01:06.0	01:09.3	01:12.6	01:15.9	01:19.2	01:22.5	01:25.8
00:38.0	00:39.9	00:41.8	00:43.7	00:45.6	00:47.5	00:49.4	01:07.0	01:10.4	01:13.7	01:17.0	01:20.4	01:23.8	01:27.1
00:38.5	00:40.4	00:42.4	00:44.3	00:46.2	00:48.1	00:50.1	01:08.0	01:11.4	01:14.8	01:18.2	01:21.6	01:25.0	01:28.4
00:39.0	00:41.0	00:42.9	00:44.8	00:46.8	00:48.7	00:50.7	01:09.0	01:12.5	01:15.9	01:19.3	01:22.8	01:26.2	01:29.7
00:39.5	00:41.5	00:43.5	00:45.4	00:47.4	00:49.4	00:51.3	01:10.0	01:13.5	01:17.0	01:20.5	01:24.0	01:27.5	01:31.0
00:40.0	00:42.0	00:44.0	00:46.0	00:48.0	00:50.0	00:52.0	01:11.0	01:14.6	01:18.1	01:21.6	01:25.2	01:28.8	01:32.3
00:40.5	00:42.5	00:44.6	00:46.6	00:48.6	00:50.6	00:52.6	01:12.0	01:15.6	01:19.2	01:22.8	01:26.4	01:30.0	01:33.6
00:41.0	00:43.0	00:45.1	00:47.1	00:49.2	00:51.2	00:53.3	01:13.0	01:16.6	01:20.3	01:23.9	01:27.6	01:31.3	01:34.9
00:41.5	00:43.6	00:45.7	00:47.7	00:49.8	00:51.9	00:53.9	01:14.0	01:17.7	01:21.4	01:25.1	01:28.8	01:32.5	01:36.2
00:42.0	00:44.1	00:46.2	00:48.3	00:50.4	00:52.5	00:54.6	01:15.0	01:18.7	01:22.5	01:26.2	01:30.0	01:33.8	01:37.5
00:42.5	00:44.6	00:46.7	00:48.9	00:51.0	00:53.1	00:55.2	01:16.0	01:19.8	01:23.6	01:27.4	01:31.2	01:35.0	01:38.8
00:43.0	00:45.2	00:47.3	00:49.5	00:51.6	00:53.7	00:55.9	01:17.0	01:20.8	01:24.7	01:28.5	01:32.4	01:36.2	01:40.1
00:43.5	00:45.7	00:47.8	00:50.0	00:52.2	00:54.4	00:56.6	01:18.0	01:21.9	01:25.8	01:29.7	01:33.6	01:37.5	01:41.4
00:44.0	00:46.2	00:48.4	00:50.6	00:52.8	00:55.0	00:57.2	01:19.0	01:23.0	01:26.9	01:30.8	01:34.8	01:38.8	01:42.7

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Percentage of Effort							Percentage of Effort						
100%	95%	90%	85%	80%	75%	70%	100%	95%	90%	85%	80%	75%	70%
01:20.0	01:24.0	01:28.0	01:32.0	01:36.0	01:40.0	01:44.0	02:11.0	02:17.6	02:24.1	02:30.6	02:37.2	02:43.7	02:50.3
01:21.0	01:25.1	01:29.1	01:33.1	01:37.2	01:41.3	01:45.3	02:12.0	02:18.6	02:25.2	02:31.8	02:38.4	02:45.0	02:51.6
01:22.0	01:26.1	01:30.2	01:34.3	01:38.4	01:42.5	01:46.6	02:13.0	02:19.7	02:26.3	02:32.9	02:39.6	02:46.3	02:52.9
01:23.0	01:27.2	01:31.3	01:35.5	01:39.6	01:43.8	01:47.9	02:14.0	02:20.7	02:27.4	02:34.1	02:40.8	02:47.5	02:54.2
01:24.0	01:28.2	01:32.4	01:36.6	01:40.8	01:45.0	01:49.2	02:15.0	02:21.8	02:28.5	02:35.3	02:42.0	02:48.7	02:55.5
01:25.0	01:29.2	01:33.5	01:37.7	01:42.0	01:46.3	01:50.5	02:16.0	02:22.8	02:29.6	02:36.4	02:43.2	02:50.0	02:56.8
01:26.0	01:30.3	01:34.6	01:38.9	01:43.2	01:47.5	01:51.8	02:17.0	02:23.9	02:30.7	02:37.5	02:44.4	02:51.2	02:58.1
01:27.0	01:31.4	01:35.7	01:40.1	01:44.4	01:48.7	01:53.1	02:18.0	02:24.9	02:31.8	02:38.7	02:45.6	02:52.5	02:59.4
01:28.0	01:32.4	01:36.8	01:41.2	01:45.6	01:50.0	01:54.4	02:19.0	02:25.9	02:32.9	02:39.8	02:46.8	02:53.7	03:00.7
01:29.0	01:33.5	01:37.9	01:42.4	01:46.8	01:51.3	01:55.7	02:20.0	02:27.0	02:34.0	02:41.0	02:48.0	02:55.0	03:02.0
01:30.0	01:34.5	01:39.0	01:43.5	01:48.0	01:52.5	01:57.0	02:21.0	02:28.1	02:35.1	02:42.2	02:49.2	02:56.2	03:03.3
01:31.0	01:35.5	01:40.1	01:44.6	01:49.2	01:53.8	01:58.3	02:22.0	02:29.1	02:36.2	02:43.3	02:50.4	02:57.5	03:04.6
01:32.0	01:36.6	01:41.2	01:45.8	01:50.4	01:55.0	01:59.6	02:23.0	02:30.2	02:37.3	02:44.4	02:51.6	02:58.7	03:05.9
01:33.0	01:37.7	01:42.3	01:47.0	01:51.6	01:56.3	02:00.9	02:24.0	02:31.2	02:38.4	02:45.6	02:52.8	03:00.0	03:07.2
01:34.0	01:38.7	01:43.4	01:48.1	01:52.8	01:57.5	02:02.2	02:25.0	02:32.2	02:39.5	02:46.7	02:54.0	03:01.2	03:08.5
01:35.0	01:39.8	01:44.5	01:49.3	01:54.0	01:58.7	02:03.5	02:26.0	02:33.3	02:40.6	02:47.9	02:55.2	03:02.5	03:09.8
01:36.0	01:40.8	01:45.6	01:50.4	01:55.2	02:00.0	02:04.8	02:27.0	02:34.4	02:41.7	02:49.0	02:56.4	03:03.7	03:11.1
01:37.0	01:41.8	01:46.7	01:51.5	01:56.4	02:01.2	02:06.1	02:28.0	02:35.4	02:42.8	02:50.2	02:57.6	03:05.0	03:12.4
01:38.0	01:42.9	01:47.8	01:52.7	01:57.6	02:02.5	02:07.4	02:29.0	02:36.5	02:43.9	02:51.3	02:58.8	03:06.2	03:13.7
01:39.0	01:44.0	01:48.9	01:53.9	01:58.8	02:03.8	02:08.7	02:30.0	02:37.5	02:45.0	02:52.5	03:00.0	03:07.5	03:15.0
01:40.0	01:45.0	01:50.0	01:55.0	02:00.0	02:05.0	02:10.0	02:31.0	02:38.6	02:46.1	02:53.6	03:01.2	03:08.7	03:16.3
01:41.0	01:46.1	01:51.1	01:56.2	02:01.2	02:06.3	02:11.3	02:32.0	02:39.6	02:47.2	02:54.8	03:02.4	03:10.0	03:17.6
01:42.0	01:47.1	01:52.2	01:57.3	02:02.4	02:07.5	02:12.6	02:33.0	02:40.6	02:48.3	02:55.9	03:03.6	03:11.3	03:18.9
01:43.0	01:48.2	01:53.3	01:58.4	02:03.6	02:08.8	02:13.9	02:34.0	02:41.7	02:49.4	02:57.1	03:04.8	03:12.5	03:20.2
01:44.0	01:49.2	01:54.4	01:59.6	02:04.8	02:10.0	02:15.2	02:35.0	02:42.8	02:50.5	02:58.2	03:06.0	03:13.7	03:21.5
01:45.0	01:50.3	01:55.5	02:00.7	02:06.0	02:11.3	02:16.5	02:36.0	02:43.8	02:51.6	02:59.4	03:07.2	03:15.0	03:22.8
01:46.0	01:51.3	01:56.6	02:01.9	02:07.2	02:12.5	02:17.8	02:37.0	02:44.9	02:52.7	03:00.5	03:08.4	03:16.2	03:24.1
01:47.0	01:52.3	01:57.7	02:03.1	02:08.4	02:13.7	02:19.1	02:38.0	02:45.9	02:53.8	03:01.7	03:09.6	03:17.5	03:25.4
01:48.0	01:53.4	01:58.8	02:04.2	02:09.6	02:15.0	02:20.4	02:39.0	02:46.9	02:54.9	03:02.8	03:10.8	03:18.8	03:26.7
01:49.0	01:54.5	01:59.9	02:05.3	02:10.8	02:16.2	02:21.7	02:40.0	02:48.0	02:56.0	03:04.0	03:12.0	03:20.0	03:28.0
01:50.0	01:55.5	02:01.0	02:06.5	02:12.0	02:17.5	02:23.0	02:41.0	02:49.0	02:57.1	03:05.1	03:13.2	03:21.2	03:29.3
01:51.0	01:56.6	02:02.1	02:07.6	02:13.2	02:18.7	02:24.3	02:42.0	02:50.1	02:58.2	03:06.3	03:14.4	03:22.5	03:30.6
01:52.0	01:57.6	02:03.2	02:08.8	02:14.4	02:20.0	02:25.6	02:43.0	02:51.1	02:59.3	03:07.4	03:15.6	03:23.7	03:31.9
01:53.0	01:58.6	02:04.3	02:09.9	02:15.6	02:21.2	02:26.9	02:44.0	02:52.2	03:00.4	03:08.6	03:16.8	03:25.0	03:33.2
01:54.0	01:59.7	02:05.4	02:11.1	02:16.8	02:22.5	02:28.2	02:45.0	02:53.2	03:01.5	03:09.7	03:18.0	03:26.2	03:34.5
01:55.0	02:00.8	02:06.5	02:12.3	02:18.0	02:23.8	02:29.5	02:46.0	02:54.3	03:02.6	03:10.9	03:19.2	03:27.5	03:35.8
01:56.0	02:01.8	02:07.6	02:13.4	02:19.2	02:25.0	02:30.8	02:47.0	02:55.3	03:03.7	03:12.0	03:20.4	03:28.7	03:37.1
01:57.0	02:02.9	02:08.7	02:14.5	02:20.4	02:26.3	02:32.1	02:48.0	02:56.4	03:04.8	03:13.2	03:21.6	03:30.0	03:38.4
01:58.0	02:03.9	02:09.8	02:15.7	02:21.6	02:27.5	02:33.4	02:49.0	02:57.4	03:05.9	03:14.3	03:22.8	03:31.2	03:39.7
01:59.0	02:05.0	02:10.9	02:16.9	02:22.8	02:28.7	02:34.7	02:50.0	02:58.5	03:07.0	03:15.5	03:24.0	03:32.5	03:41.0
02:00.0	02:06.0	02:12.0	02:18.0	02:24.0	02:30.0	02:36.0	02:51.0	02:59.5	03:08.1	03:16.6	03:25.2	03:33.8	03:42.3
02:01.0	02:07.1	02:13.1	02:19.2	02:25.2	02:31.2	02:37.3	02:52.0	03:00.6	03:09.2	03:17.8	03:26.4	03:35.0	03:43.6
02:02.0	02:08.1	02:14.2	02:20.3	02:26.4	02:32.5	02:38.6	02:53.0	03:01.6	03:10.3	03:18.9	03:27.6	03:36.2	03:44.9
02:03.0	02:09.1	02:15.3	02:21.4	02:27.6	02:33.7	02:39.9	02:54.0	03:02.7	03:11.4	03:20.1	03:28.8	03:37.5	03:46.2
02:04.0	02:10.2	02:16.4	02:22.6	02:28.8	02:35.0	02:41.2	02:55.0	03:03.7	03:12.5	03:21.2	03:30.0	03:38.7	03:47.5
02:05.0	02:11.3	02:17.5	02:23.7	02:30.0	02:36.2	02:42.5	02:56.0	03:04.8	03:13.6	03:22.4	03:31.2	03:40.0	03:48.8
02:06.0	02:12.3	02:18.6	02:24.9	02:31.2	02:37.5	02:43.8	02:57.0	03:05.9	03:14.7	03:23.5	03:32.4	03:41.3	03:50.1
02:07.0	02:13.4	02:19.7	02:26.1	02:32.4	02:38.8	02:45.1	02:58.0	03:06.9	03:15.8	03:24.7	03:33.6	03:42.5	03:51.4
02:08.0	02:14.4	02:20.8	02:27.2	02:33.6	02:40.0	02:46.4	02:59.0	03:07.9	03:16.9	03:25.8	03:34.8	03:43.7	03:52.7
02:09.0	02:15.4	02:21.9	02:28.3	02:34.8	02:41.3	02:47.7	03:00.0	03:09.0	03:18.0	03:27.0	03:36.0	03:45.0	03:54.0
02:10.0	02:16.5	02:23.0	02:29.5	02:36.0	02:42.5	02:49.0							