

SWIMMING POOL GUIDE

To save you reaching for the calculator, here's a handy guide to how many lengths you need to swim depending on the size of your local pool.



Length of Pool (m)	Lengths total	Lengths per week (approx.)
10	1770	148
12	1475	123
15	1180	99
20	885	74
25	708	60
30	590	50
33	536	45
50	354	30



Length of Pool (m)	Lengths total	Lengths per week (approx.)
10	3541	296
12	2950	246
15	2360	197
20	1770	148
25	1416	119
30	1180	99
33	1073	90
50	708	60



Length of Pool (m)	Lengths total	Lengths per week (approx.)
10	7081	591
12	5901	492
15	4721	394
20	3541	296
25	2832	237
30	2360	197
33	2146	179
50	1416	119

