

THE ENDURA SESSION MAP

How Far + When Every Market Moves

ENDURA CHEAT SHEET ADD-ON

Revisionaries

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Start Here

This book shows how far 34 markets move. It splits each trading day into 7 sessions, such as Asia or Overlap. For each session, it shows a typical range: how many pips or points that market usually moves. The numbers come from four broker feeds, 2023–2026. Some charts use a longer history, back to 2006, to show shape over time. A crypto section adds Bitcoin, Ether, XRP and Solana, which trade every day. This book is an add-on to The Endura Cheat Sheet. It focuses on one question: when does each market move, and how far?

Sessions (NY time)

Session	NY	London (usual)	UTC winter/summer
Asia	18:00–01:00	23:00–06:00	23:00–06:00/22:00–05:00
Gap: Pre-London	01:00–03:00	06:00–08:00	06:00–08:00/05:00–07:00
London Open	03:00–06:00	08:00–11:00	08:00–11:00/07:00–10:00
Gap: London Mid	06:00–08:00	11:00–13:00	11:00–13:00/10:00–12:00
Overlap	08:00–12:00	13:00–17:00	13:00–17:00/12:00–16:00
Late NY	12:00–16:00	17:00–21:00	17:00–21:00/16:00–20:00
Transition	16:00–18:00	21:00–23:00	21:00–23:00/20:00–22:00

London runs 5 hours ahead of New York (NY) most of the year. For about 3 weeks in March, and 1 week in late October or early November, it runs 4 hours ahead. That is because the US and UK do not change their clocks on the same date. Every broker resets its trading day near 17:00 NY time. This book excludes the 16:50 to 17:59 window around that reset from every figure, because spreads can spike there for reasons that have nothing to do with real market movement.

Typical: the middle value; half were bigger, half smaller.

Typical, Quiet, Busy, Big

These four words describe a day's range, from smallest to largest. **Typical** is the median day: half of all days moved less, half moved more. **Quiet day** is a below-average day (the 25th percentile). **Busy day** is an above-average day (the 75th percentile). **Big day** is a rare, large day (the 90th percentile). None of these are forecasts. They describe what has already happened.

Share and pace

Share of the day's movement is how much of a day's total back-and-forth price movement happens in one session, out of 100%. The 7 sessions add up to about 100%. **Pace** turns that share into a rate. It divides share by how long the session lasts, as a fraction of the day. A pace of 1.0x means the session moves at this market's own average rate. A pace of 2.0x means it moves twice as fast. Pace is how to compare sessions of different lengths fairly.

Units

A **pip** is the smallest common price step for a currency pair.

Group	Unit
FX pairs (non-JPY)	pip = 0.0001
JPY pairs	pip = 0.01
XAUUSD	pip = $0.10 (pips and $)
XAGUSD / USOIL / UKOIL	pip = $0.01
NAS100 / SPX500 / US30	index points, not pips
BTC / ETH / XRP / SOL	US dollars; % of price over time

Data: OANDA, IC Markets, StoicFX, Vantage (1743 broker-year combinations across the 34 instruments). Some brokers also report tick volume, a count of price changes rather than trade size. This book does not use it (see How This Was Built). UK oil (UKOIL, Brent) trades from 20:00 NY, so 18:00 and 19:00 are nearly empty and its Asia covers five hours.

Quick Reference

One quick look at every session. For each session, the 3 fastest-pace markets, and the session's own median pace.

Asia 18:00–01:00 NY	AUDNZD 1.05x, 29 pips NZDJPY 0.98x, 43 pips AUDJPY 0.98x, 46 pips	**0.83x** median pace
Gap: Pre-London 01:00–03:00 NY	AUDNZD 1.05x, 12.7 pips EURJPY 1.04x, 32 pips AUDJPY 1.04x, 24 pips	**0.96x** median pace
London Open 03:00–06:00 NY	EURCHF 1.37x, 20 pips EURGBP 1.34x, 15.1 pips GBPCHF 1.32x, 29 pips	**1.12x** median pace
Gap: London Mid 06:00–08:00 NY	EURGBP 1.23x, 10.8 pips GBPCHF 1.14x, 20 pips GBPCAD 1.12x, 29 pips	**0.95x** median pace

Pace: share of the day's movement per hour against the day's average hour; 1.0x = average, 2.0x = twice as fast.

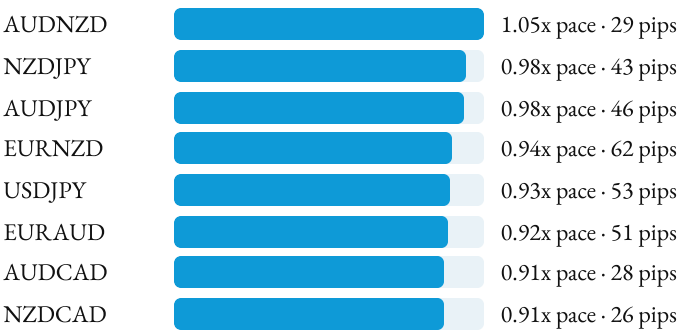
Session by Session

Asia

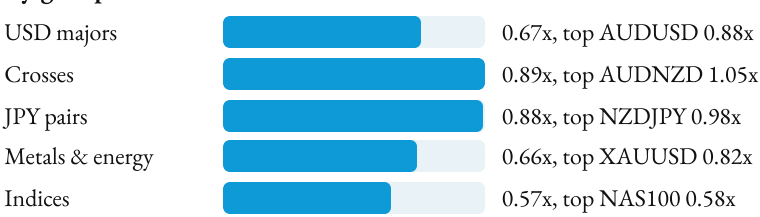
18:00–01:00 NY · 23:00–06:00 London (usual)

Across all 34 markets, the median pace here is **0.83x**. **Crosses** move fastest as a group (0.89x). The single fastest market is **AUDNZD**, at 1.05x (29 pips typical).

Top 8 by pace



By group



FOR YOUR TRADING

Use it The slowest window of the day, Transition aside: it moves at 0.83x the market's average rate. Use small targets here, or stand aside.

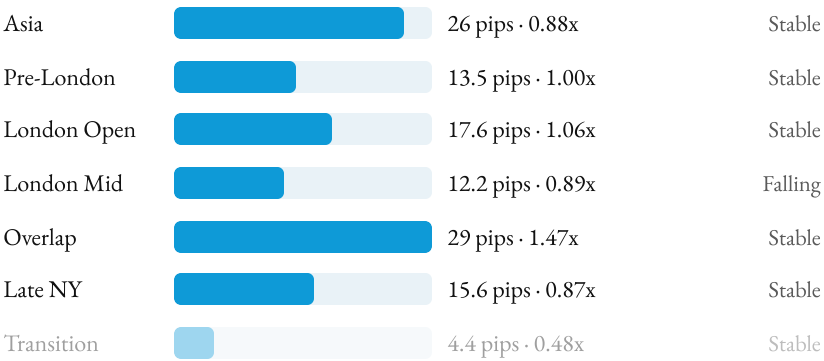
Not an edge A US news day barely changes it (-3%; bigger in 8 of 34 markets).

Don't read this as: a slow session cannot run far.

Pace: share of the day's movement per hour against the day's average hour; 1.0x = average, 2.0x = twice as fast. **Typical:** the middle value; half were bigger, half smaller. **News day:** a weekday with a major US release (NFP, CPI, FOMC), 2024-2026, against one with none.

USD MAJORS

AUDUSD



Session	Typical (pips)	Pace	Trend 2020–25	Day high here	Day low here	News day	Volatile vs quiet
Asia	26	0.88x	Stable	33%	37%	+1%	1.56x
Pre-Ldn	13.5	1.00x	Stable	7%	6%	+1%	1.78x
Ldn Open	17.6	1.06x	Stable	9%	9%	+2%	1.76x
Ldn Mid	12.2	0.89x	Falling	5%	4%	-1%	1.79x
Overlap	29	1.47x	Stable	24%	23%	+29%	1.72x
Late NY	15.6	0.87x	Stable	17%	18%	+19%	1.89x
Trans.	4.4	0.48x	Stable	5%	4%	+21%	1.71x

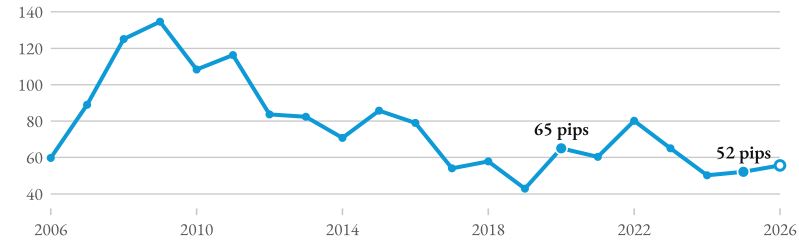
Day high/low here: % of days the session holds the day's high/low. News day: change vs a normal day on a US high-impact release, 2024–2026. Volatile vs quiet: typical range in volatile months divided by quiet months (OANDA).

Pace: share of the day's movement per hour against the day's average hour; 1.0x = average, 2.0x = twice as fast. **Typical:** the middle value; half were bigger, half smaller. **Trend:** pace in 2025 against 2020: Rising or Falling past 10%, else Stable. **Volatile vs quiet:** size in the market's busiest third of months against its quietest third (last 36 months).

AUDUSD

Over time

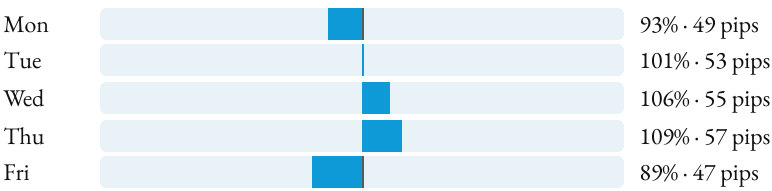
Full-day range by year (pips)



Full-day range: falling, 65 pips→52 pips, 2020–25 · Pace steady 6/7

By weekday

2023–2026. 100% = this market's typical day (52 pips); figures are the typical full-day range.



WHAT IT MEANS FOR AUDUSD

Use it **When it moves.** Fastest in Overlap (1.47x pace, 29 pips typical); busiest single hour 10:00 NY. Slowest, the daily close aside: Late NY (0.87x).

Use it **News.** On NFP days the Overlap runs 2.03x a weekday with no US release, on CPI days 2.12x; on FOMC days Late NY runs 2.37x (123 to 169 release days each). Plan wider stops and targets, or wait for the release.

Use it **Size.** In a volatile month its sessions run 1.56x to 1.89x their quiet-month size, with the same shape. Full-day range falling from 65 pips (2020) to 52 pips (2025); re-check your stop and target sizes.

Lean on it lightly **Weekday.** Monday is usually the smallest day (93% of a typical day; smallest in 16 of 21 years).

Not an edge **High and low.** Overlap holds the day's high 24% vs 23% for a market with no memory, the low 23% vs 23%; Asia 33% vs 34% and 37% vs 34%. Both sessions match a market with no memory: not a timing signal.

Not an edge **Month.** Month sizes do not repeat here: the biggest months of 2006 to 2015 were not the biggest of 2016 to 2025.

Pace: share of the day's movement per hour against the day's average hour; 1.0x = average, 2.0x = twice as fast. **Typical:** the middle value; half were bigger, half smaller. **Volatile vs quiet:** size in the market's busiest third of months against its quietest third (last 36 months). **No memory:** the same moves in random direction (chance).

Timing

Each row shows one market's average share of its own day's movement, by NY clock hour, as a percent (e.g. 4.7 means 4.7%). A row adds up to about 100%. Columns run from 18:00 NY through 17:00 the next day. The hatched 17:00 column is the rollover window (see Start Here); it is left out of every other figure.

	Asia							Pre-Ldn		Ldn Open			Ldn Mid		Overlap				Late NY				Trans.	
	18	19	20	21	22	23	00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17
USD MAJORS																								
AUDUSD	2.9	3.5	4.7	4.9	4.0	3.4	3.3	3.8	4.9	5.4	4.9	4.3	4.1	4.3	6.1	6.4	7.0	5.4	4.1	3.7	3.8	3.4	1.9	
EURUSD	2.4	2.6	3.5	3.3	2.7	2.4	2.4	3.1	5.1	6.2	5.7	5.1	4.8	5.0	7.1	7.2	7.7	6.0	4.6	4.0	4.0	3.3	1.9	
GBPUSD	2.3	2.4	3.2	3.1	2.6	2.3	2.3	3.0	5.2	6.3	6.3	5.5	5.2	5.4	6.9	6.9	7.6	6.0	4.6	3.9	3.8	3.2	1.9	
NZDUSD	3.3	3.5	4.5	4.6	3.9	3.2	3.2	3.6	4.8	5.4	4.9	4.4	4.1	4.3	6.2	6.4	6.9	5.4	4.2	3.7	3.8	3.4	2.2	
USDCAD	2.4	2.5	3.3	3.3	2.7	2.3	2.3	2.8	4.3	5.2	4.8	4.3	4.3	4.8	7.2	7.7	8.5	6.7	5.1	4.5	4.6	4.1	2.6	
USDCHF	2.6	2.5	3.3	3.1	2.6	2.3	2.3	3.0	5.0	6.3	5.8	5.2	4.8	5.0	7.2	7.3	7.9	6.1	4.6	4.0	4.0	3.3	1.9	
CROSSES																								
AUDCAD	3.3	3.5	4.4	4.6	3.8	3.3	3.3	3.7	4.7	5.0	4.7	4.3	4.1	4.4	6.1	6.2	6.8	5.5	4.3	3.8	3.9	3.6	2.7	
AUDCHF	3.3	3.4	4.4	4.5	3.7	3.2	3.2	3.7	4.9	5.6	5.2	4.7	4.3	4.5	5.8	6.1	6.7	5.4	4.2	3.7	3.8	3.4	2.2	
AUDNZD	4.2	4.1	4.9	4.9	4.3	3.7	3.7	4.0	4.8	5.0	4.7	4.3	4.0	4.2	5.2	5.3	5.9	4.8	3.9	3.7	3.8	3.8	2.9	
CADCHF	2.9	2.6	3.3	3.1	2.6	2.3	2.4	3.0	4.7	5.8	5.4	4.9	4.6	5.0	6.9	7.1	7.8	6.2	4.8	4.2	4.1	3.7	2.6	
EURAUD	3.3	3.6	4.5	4.7	3.9	3.4	3.3	3.8	4.9	5.5	5.0	4.6	4.3	4.5	5.8	6.0	6.6	5.2	4.1	3.6	3.7	3.4	2.3	
EURCAD	2.8	2.7	3.3	3.1	2.7	2.4	2.4	3.0	4.6	5.6	5.2	4.8	4.7	5.0	7.0	7.1	7.7	6.2	4.9	4.3	4.2	3.8	2.7	
EURCHF	3.3	2.8	3.3	3.1	2.7	2.5	2.6	3.2	5.2	6.4	5.9	5.4	4.9	5.0	6.4	6.5	7.1	5.8	4.5	3.9	3.8	3.3	2.5	
EURGBP	2.9	2.7	3.1	3.0	2.6	2.4	2.4	3.1	5.3	6.4	6.4	5.7	5.4	5.6	6.5	6.5	7.0	5.8	4.5	3.8	3.6	3.2	2.3	
EURNZD	3.5	3.6	4.4	4.5	3.8	3.3	3.3	3.7	4.9	5.5	5.1	4.6	4.3	4.5	5.8	6.0	6.5	5.2	4.1	3.7	3.7	3.5	2.5	
GBPAUD	3.3	3.4	4.3	4.4	3.8	3.3	3.2	3.7	4.9	5.5	5.4	4.9	4.6	4.8	5.7	5.9	6.5	5.3	4.2	3.7	3.6	3.4	2.3	
GBPCAD	2.8	2.5	3.0	2.9	2.6	2.3	2.3	2.8	4.6	5.7	5.7	5.2	5.1	5.4	6.8	7.0	7.6	6.3	4.9	4.2	4.1	3.7	2.7	

