

# S'entraîner avec la VMA

Saisissez votre VMA et vous pourrez préparer votre entraînement en fonction de l'intensité voulue.

km/h

## Orientation de l'entraînement

Allure lente : 65 % VMA (temps au kilomètre) :   
Allure moyenne : 70 % VMA (temps au kilomètre) :   
Allure rapide : 80 % VMA (temps au kilomètre) :

## Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30"	km/h
115 %	29.8 s	4 mn 58.1 s	100.6 m	12.08
110 %	31.2 s	5 mn 11.7 s	96.3 m	11.55
105 %	32.7 s	5 mn 26.5 s	91.9 m	11.03
<b>100 %</b>	34.3 s	5 mn 42.9 s	87.5 m	10.5
95 %	36.1 s	6 mn 0.9 s	83.1 m	9.98
90 %	38.1 s	6 mn 21 s	78.8 m	9.45
85 %	40.3 s	6 mn 43.4 s	74.4 m	8.93
80 %	42.9 s	7 mn 8.6 s	70 m	8.4

## Temps par distance

Distance	60%	65%	70%	75%	80%	85%
<b>100 m</b>	57.1 s	52.7 s	49 s	45.7 s	42.9 s	40.3 s
<b>200 m</b>	1 mn 54.3 s	1 mn 45.5 s	1 mn 38 s	1 mn 31.4 s	1 mn 25.7 s	1 mn 20.7 s
<b>300 m</b>	2 mn 51.4 s	2 mn 38.2 s	2 mn 26.9 s	2 mn 17.1 s	2 mn 8.6 s	2 mn 1 s
<b>400 m</b>	3 mn 48.6 s	3 mn 31 s	3 mn 15.9 s	3 mn 2.9 s	2 mn 51.4 s	2 mn 41.3 s
<b>500 m</b>	4 mn 45.7 s	4 mn 23.7 s	4 mn 4.9 s	3 mn 48.6 s	3 mn 34.3 s	3 mn 21.7 s
<b>600 m</b>	5 mn 42.9 s	5 mn 16.5 s	4 mn 53.9 s	4 mn 34.3 s	4 mn 17.1 s	4 mn 2 s
<b>800 m</b>	7 mn 37.1 s	7 mn 2 s	6 mn 31.8 s	6 mn 5.7 s	5 mn 42.9 s	5 mn 22.7 s
<b>1000 m</b>	9 mn 31.4 s	8 mn 47.5 s	8 mn 9.8 s	7 mn 37.1 s	7 mn 8.6 s	6 mn 43.4 s
<b>1200 m</b>	11 mn 25.7 s	10 mn 33 s	9 mn 47.8 s	9 mn 8.6 s	8 mn 34.3 s	8 mn 4 s
<b>1500 m</b>	14 mn 17.1 s	13 mn 11.2 s	12 mn 14.7 s	11 mn 25.7 s	10 mn 42.9 s	10 mn 5 s
<b>2000 m</b>	19 mn 2.9 s	17 mn 34.9 s	16 mn 19.6 s	15 mn 14.3 s	14 mn 17.1 s	13 mn 26.7 s
<b>3000 m</b>	28 mn 34.3 s	26 mn 22.4 s	24 mn 29.4 s	22 mn 51.4 s	21 mn 25.7 s	20 mn 10.1 s

Distance	90%	95%	100%	105%	110%	115%
<b>100 m</b>	38.1 s	36.1 s	34.3 s	32.7 s	31.2 s	29.8 s
<b>200 m</b>	1 mn 16.2 s	1 mn 12.2 s	1 mn 8.6 s	1 mn 5.3 s	1 mn 2.3 s	59.6 s
<b>300 m</b>	1 mn 54.3 s	1 mn 48.3 s	1 mn 42.9 s	1 mn 38 s	1 mn 33.5 s	1 mn 29.4 s
<b>400 m</b>	2 mn 32.4 s	2 mn 24.4 s	2 mn 17.1 s	2 mn 10.6 s	2 mn 4.7 s	1 mn 59.3 s
<b>500 m</b>	3 mn 10.5 s	3 mn 0.5 s	2 mn 51.4 s	2 mn 43.3 s	2 mn 35.8 s	2 mn 29.1 s
<b>600 m</b>	3 mn 48.6 s	3 mn 36.5 s	3 mn 25.7 s	3 mn 15.9 s	3 mn 7 s	2 mn 58.9 s
<b>800 m</b>	5 mn 4.8 s	4 mn 48.7 s	4 mn 34.3 s	4 mn 21.2 s	4 mn 9.4 s	3 mn 58.5 s
<b>1000 m</b>	6 mn 21 s	6 mn 0.9 s	5 mn 42.9 s	5 mn 26.5 s	5 mn 11.7 s	4 mn 58.1 s
<b>1200 m</b>	7 mn 37.1 s	7 mn 13.1 s	6 mn 51.4 s	6 mn 31.8 s	6 mn 14 s	5 mn 57.8 s
<b>1500 m</b>	9 mn 31.4 s	9 mn 1.4 s	8 mn 34.3 s	8 mn 9.8 s	7 mn 47.5 s	7 mn 27.2 s
<b>2000 m</b>	12 mn 41.9 s	12 mn 1.8 s	11 mn 25.7 s	10 mn 53.1 s	10 mn 23.4 s	9 mn 56.3 s
<b>3000 m</b>	19 mn 2.9 s	18 mn 2.7 s	17 mn 8.6 s	16 mn 19.6 s	15 mn 35.1 s	14 mn 54.4 s

## Distance par temps

Temps	60%	65%	70%	75%	80%	85%
<b>30"</b>	52.5 m	56.9 m	61.3 m	65.6 m	70 m	74.4 m
<b>45"</b>	78.8 m	85.3 m	91.9 m	98.4 m	105 m	111.6 m
<b>1'</b>	105 m	113.8 m	122.5 m	131.3 m	140 m	148.8 m
<b>1'15</b>	131.3 m	142.2 m	153.1 m	164.1 m	175 m	185.9 m
<b>1'30</b>	157.5 m	170.6 m	183.8 m	196.9 m	210 m	223.1 m
<b>2'</b>	210 m	227.5 m	245 m	262.5 m	280 m	297.5 m
<b>2'30</b>	262.5 m	284.4 m	306.3 m	328.1 m	350 m	371.9 m
<b>3'</b>	315 m	341.3 m	367.5 m	393.8 m	420 m	446.3 m
<b>4'</b>	420 m	455 m	490 m	525 m	560 m	595 m
<b>5'</b>	525 m	568.8 m	612.5 m	656.3 m	700 m	743.8 m
<b>10'</b>	1050 m	1137.5 m	1225 m	1312.5 m	1400 m	1487.5 m
<b>15'</b>	1575 m	1706.3 m	1837.5 m	1968.8 m	2100 m	2231.3 m

Temps	90%	95%	100%	105%	110%	115%
<b>30"</b>	78.8 m	83.1 m	87.5 m	91.9 m	96.3 m	100.6 m
<b>45"</b>	118.1 m	124.7 m	131.3 m	137.8 m	144.4 m	150.9 m
<b>1'</b>	157.5 m	166.3 m	175 m	183.8 m	192.5 m	201.3 m
<b>1'15</b>	196.9 m	207.8 m	218.8 m	229.7 m	240.6 m	251.6 m
<b>1'30</b>	236.3 m	249.4 m	262.5 m	275.6 m	288.8 m	301.9 m
<b>2'</b>	315 m	332.5 m	350 m	367.5 m	385 m	402.5 m
<b>2'30</b>	393.8 m	415.6 m	437.5 m	459.4 m	481.3 m	503.1 m
<b>3'</b>	472.5 m	498.8 m	525 m	551.3 m	577.5 m	603.8 m
<b>4'</b>	630 m	665 m	700 m	735 m	770 m	805 m
<b>5'</b>	787.5 m	831.3 m	875 m	918.8 m	962.5 m	1006.3 m
<b>10'</b>	1575 m	1662.5 m	1750 m	1837.5 m	1925 m	2012.5 m
<b>15'</b>	2362.5 m	2493.8 m	2625 m	2756.3 m	2887.5 m	3018.8 m