

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 %	28.5 s	4 mn 44.6 s	105.4 m	12.65
110 %	29.8 s	4 mn 57.5 s	100.8 m	12.1
105 %	31.2 s	5 mn 11.7 s	96.2 m	11.55
100 %	32.7 s	5 mn 27.3 s	91.7 m	11
95 %	34.4 s	5 mn 44.5 s	87.1 m	10.45
90 %	36.4 s	6 mn 3.6 s	82.5 m	9.9
85 %	38.5 s	6 mn 25 s	77.9 m	9.35
80 %	40.9 s	6 mn 49.1 s	73.3 m	8.8

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	54.5 s	50.3 s	46.8 s	43.6 s	40.9 s	38.5 s
200 m	1 mn 49.1 s	1 mn 40.7 s	1 mn 33.5 s	1 mn 27.3 s	1 mn 21.8 s	1 mn 17 s
300 m	2 mn 43.6 s	2 mn 31 s	2 mn 20.3 s	2 mn 10.9 s	2 mn 7 s	1 mn 55.5 s
400 m	3 mn 38.2 s	3 mn 21.4 s	3 mn 7 s	2 mn 54.5 s	2 mn 43.6 s	2 mn 34 s
500 m	4 mn 32.7 s	4 mn 11.7 s	3 mn 53.8 s	3 mn 38.2 s	3 mn 24.5 s	3 mn 12.5 s
600 m	5 mn 27.3 s	5 mn 2.1 s	4 mn 40.5 s	4 mn 21.8 s	4 mn 5.5 s	3 mn 51 s
800 m	7 mn 16.4 s	6 mn 42.8 s	6 mn 14 s	5 mn 49.1 s	5 mn 27.3 s	5 mn 8 s
1000 m	9 mn 5.5 s	8 mn 23.5 s	7 mn 47.5 s	7 mn 16.4 s	6 mn 49.1 s	6 mn 25 s
1200 m	10 mn 54.5 s	10 mn 4.2 s	9 mn 21 s	8 mn 43.6 s	8 mn 10.9 s	7 mn 42 s
1500 m	13 mn 38.2 s	12 mn 35.2 s	11 mn 41.3 s	10 mn 54.5 s	10 mn 13.6 s	9 mn 37.5 s
2000 m	18 mn 10.9 s	16 mn 47 s	15 mn 35.1 s	14 mn 32.7 s	13 mn 38.2 s	12 mn 50.1 s
3000 m	27 mn 16.4 s	25 mn 10.5 s	23 mn 22.6 s	21 mn 49.1 s	20 mn 27.3 s	19 mn 15.1 s

Distance	90%	95%	100%	105%	110%	115%
100 m	36.4 s	34.4 s	32.7 s	31.2 s	29.8 s	28.5 s
200 m	1 mn 12.7 s	1 mn 8.9 s	1 mn 5.5 s	1 mn 2.3 s	59.5 s	56.9 s
300 m	1 mn 49.1 s	1 mn 43.3 s	1 mn 38.2 s	1 mn 33.5 s	1 mn 29.3 s	1 mn 25.4 s
400 m	2 mn 25.5 s	2 mn 17.8 s	2 mn 10.9 s	2 mn 4.7 s	1 mn 59 s	1 mn 53.8 s
500 m	3 mn 1.8 s	2 mn 52.2 s	2 mn 43.6 s	2 mn 35.8 s	2 mn 28.8 s	2 mn 22.3 s
600 m	3 mn 38.2 s	3 mn 26.7 s	3 mn 16.4 s	3 mn 7 s	2 mn 58.5 s	2 mn 50.8 s
800 m	4 mn 50.9 s	4 mn 35.6 s	4 mn 21.8 s	4 mn 9.4 s	3 mn 58 s	3 mn 47.7 s
1000 m	6 mn 3.6 s	5 mn 44.5 s	5 mn 27.3 s	5 mn 11.7 s	4 mn 57.5 s	4 mn 44.6 s
1200 m	7 mn 16.4 s	6 mn 53.4 s	6 mn 32.7 s	6 mn 14 s	5 mn 57 s	5 mn 41.5 s
1500 m	9 mn 5.5 s	8 mn 36.7 s	8 mn 10.9 s	7 mn 47.5 s	7 mn 26.3 s	7 mn 6.9 s
2000 m	12 mn 7.3 s	11 mn 29 s	10 mn 54.5 s	10 mn 23.4 s	9 mn 55 s	9 mn 29.2 s
3000 m	18 mn 10.9 s	17 mn 13.5 s	16 mn 21.8 s	15 mn 35.1 s	14 mn 52.6 s	14 mn 13.8 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	55 m	59.6 m	64.2 m	68.7 m	73.3 m	77.9 m
45"	82.5 m	89.4 m	96.3 m	103.1 m	110 m	116.9 m
1'	110 m	119.2 m	128.3 m	137.5 m	146.7 m	155.8 m
1'15	137.5 m	149 m	160.4 m	171.9 m	183.3 m	194.8 m
1'30	165 m	178.8 m	192.5 m	206.3 m	220 m	233.8 m
2'	220 m	238.3 m	256.7 m	275 m	293.3 m	311.7 m
2'30	275 m	297.9 m	320.8 m	343.8 m	366.7 m	389.6 m
3'	330 m	357.5 m	385 m	412.5 m	440 m	467.5 m
4'	440 m	476.7 m	513.3 m	550 m	586.7 m	623.3 m
5'	550 m	595.8 m	641.7 m	687.5 m	733.3 m	779.2 m
10'	1100 m	1191.7 m	1283.3 m	1375 m	1466.7 m	1558.3 m
15'	1650 m	1787.5 m	1925 m	2062.5 m	2200 m	2337.5 m

Temps	90%	95%	100%	105%	110%	115%
30"	82.5 m	87.1 m	91.7 m	96.2 m	100.8 m	105.4 m
45"	123.8 m	130.6 m	137.5 m	144.4 m	151.3 m	158.1 m
1'	165 m	174.2 m	183.3 m	192.5 m	201.7 m	210.8 m
1'15	206.3 m	217.7 m	229.2 m	240.6 m	252.1 m	263.5 m
1'30	247.5 m	261.3 m	275 m	288.8 m	302.5 m	316.3 m
2'	330 m	348.3 m	366.7 m	385 m	403.3 m	421.7 m
2'30	412.5 m	435.4 m	458.3 m	481.3 m	504.2 m	527.1 m
3'	495 m	522.5 m	550 m	577.5 m	605 m	632.5 m
4'	660 m	696.7 m	733.3 m	770 m	806.7 m	843.3 m
5'	825 m	870.8 m	916.7 m	962.5 m	1008.3 m	1054.2 m
10'	1650 m	1741.7 m	1833.3 m	1925 m	2016.7 m	2108.3 m
15'	2475 m	2612.5 m	2750 m	2887.5 m	3025 m	3162.5 m