

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 %	25 s	4 mn 10.4 s	119.8 m	14.38
110 %	26.2 s	4 mn 21.8 s	114.6 m	13.75
105 %	27.4 s	4 mn 34.3 s	109.4 m	13.13
100 %	28.8 s	4 mn 48 s	104.2 m	12.5
95 %	30.3 s	5 mn 3.2 s	99 m	11.88
90 %	32 s	5 mn 20 s	93.8 m	11.25
85 %	33.9 s	5 mn 38.8 s	88.5 m	10.63
80 %	36 s	6 mn	83.3 m	10

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	48 s	44.3 s	41.1 s	38.4 s	36 s	33.9 s
200 m	1 mn 36 s	1 mn 28.6 s	1 mn 22.3 s	1 mn 16.8 s	1 mn 12 s	1 mn 7.8 s
300 m	2 mn 24 s	2 mn 12.9 s	2 mn 3.4 s	1 mn 55.2 s	1 mn 48 s	1 mn 41.6 s
400 m	3 mn 12 s	2 mn 57.2 s	2 mn 44.6 s	2 mn 33.6 s	2 mn 24 s	2 mn 15.5 s
500 m	4 mn	3 mn 41.5 s	3 mn 25.7 s	3 mn 12 s	3 mn	2 mn 49.4 s
600 m	4 mn 48 s	4 mn 25.8 s	4 mn 6.9 s	3 mn 50.4 s	3 mn 36 s	3 mn 23.3 s
800 m	6 mn 24 s	5 mn 54.5 s	5 mn 29.1 s	5 mn 7.2 s	4 mn 48 s	4 mn 31.1 s
1000 m	8 mn	7 mn 23.1 s	6 mn 51.4 s	6 mn 24 s	6 mn	5 mn 38.8 s
1200 m	9 mn 36 s	8 mn 51.7 s	8 mn 13.7 s	7 mn 40.8 s	7 mn 12 s	6 mn 46.6 s
1500 m	12 mn	11 mn 4.6 s	10 mn 17.1 s	9 mn 36 s	9 mn	8 mn 28.2 s
2000 m	16 mn	14 mn 46.2 s	13 mn 42.9 s	12 mn 48 s	12 mn	11 mn 17.6 s
3000 m	24 mn	22 mn 9.2 s	20 mn 34.3 s	19 mn 12 s	18 mn	16 mn 56.5 s

Distance	90%	95%	100%	105%	110%	115%
100 m	32 s	30.3 s	28.8 s	27.4 s	26.2 s	25 s
200 m	1 mn 4 s	1 mn 0.6 s	57.6 s	54.9 s	52.4 s	50.1 s
300 m	1 mn 36 s	1 mn 30.9 s	1 mn 26.4 s	1 mn 22.3 s	1 mn 18.5 s	1 mn 15.1 s
400 m	2 mn 8 s	2 mn 1.3 s	1 mn 55.2 s	1 mn 49.7 s	1 mn 44.7 s	1 mn 40.2 s
500 m	2 mn 40 s	2 mn 31.6 s	2 mn 24 s	2 mn 17.1 s	2 mn 10.9 s	2 mn 5.2 s
600 m	3 mn 12 s	3 mn 1.9 s	2 mn 52.8 s	2 mn 44.6 s	2 mn 37.1 s	2 mn 30.3 s
800 m	4 mn 16 s	4 mn 2.5 s	3 mn 50.4 s	3 mn 39.4 s	3 mn 29.5 s	3 mn 20.3 s
1000 m	5 mn 20 s	5 mn 3.2 s	4 mn 48 s	4 mn 34.3 s	4 mn 21.8 s	4 mn 10.4 s
1200 m	6 mn 24 s	6 mn 3.8 s	5 mn 45.6 s	5 mn 29.1 s	5 mn 14.2 s	5 mn 0.5 s
1500 m	8 mn	7 mn 34.7 s	7 mn 12 s	6 mn 51.4 s	6 mn 32.7 s	6 mn 15.7 s
2000 m	10 mn 40 s	10 mn 6.3 s	9 mn 36 s	9 mn 8.6 s	8 mn 43.6 s	8 mn 20.9 s
3000 m	16 mn	15 mn 9.5 s	14 mn 24 s	13 mn 42.9 s	13 mn 5.5 s	12 mn 31.3 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	62.5 m	67.7 m	72.9 m	78.1 m	83.3 m	88.5 m
45"	93.8 m	101.6 m	109.4 m	117.2 m	125 m	132.8 m
1'	125 m	135.4 m	145.8 m	156.3 m	166.7 m	177.1 m
1'15	156.3 m	169.3 m	182.3 m	195.3 m	208.3 m	221.4 m
1'30	187.5 m	203.1 m	218.8 m	234.4 m	250 m	265.6 m
2'	250 m	270.8 m	291.7 m	312.5 m	333.3 m	354.2 m
2'30	312.5 m	338.5 m	364.6 m	390.6 m	416.7 m	442.7 m
3'	375 m	406.3 m	437.5 m	468.8 m	500 m	531.3 m
4'	500 m	541.7 m	583.3 m	625 m	666.7 m	708.3 m
5'	625 m	677.1 m	729.2 m	781.3 m	833.3 m	885.4 m
10'	1250 m	1354.2 m	1458.3 m	1562.5 m	1666.7 m	1770.8 m
15'	1875 m	2031.3 m	2187.5 m	2343.8 m	2500 m	2656.3 m

Temps	90%	95%	100%	105%	110%	115%
30"	93.8 m	99 m	104.2 m	109.4 m	114.6 m	119.8 m
45"	140.6 m	148.4 m	156.3 m	164.1 m	171.9 m	179.7 m
1'	187.5 m	197.9 m	208.3 m	218.8 m	229.2 m	239.6 m
1'15	234.4 m	247.4 m	260.4 m	273.4 m	286.5 m	299.5 m
1'30	281.3 m	296.9 m	312.5 m	328.1 m	343.8 m	359.4 m
2'	375 m	395.8 m	416.7 m	437.5 m	458.3 m	479.2 m
2'30	468.8 m	494.8 m	520.8 m	546.9 m	572.9 m	599 m
3'	562.5 m	593.8 m	625 m	656.3 m	687.5 m	718.8 m
4'	750 m	791.7 m	833.3 m	875 m	916.7 m	958.3 m
5'	937.5 m	989.6 m	1041.7 m	1093.8 m	1145.8 m	1197.9 m
10'	1875 m	1979.2 m	2083.3 m	2187.5 m	2291.7 m	2395.8 m
15'	2812.5 m	2968.8 m	3125 m	3281.3 m	3437.5 m	3593.8 m