

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 % | 24.1 s | 4 mn 0.8 s | 124.6 m | 14.95 |
| 110 % | 25.2 s | 4 mn 11.7 s | 119.2 m | 14.3 |
| 105 % | 26.4 s | 4 mn 23.7 s | 113.8 m | 13.65 |
| 100 % | 27.7 s | 4 mn 36.9 s | 108.3 m | 13 |
| 95 % | 29.1 s | 4 mn 51.5 s | 102.9 m | 12.35 |
| 90 % | 30.8 s | 5 mn 7.7 s | 97.5 m | 11.7 |
| 85 % | 32.6 s | 5 mn 25.8 s | 92.1 m | 11.05 |
| 80 % | 34.6 s | 5 mn 46.2 s | 86.7 m | 10.4 |

Temps par distance

| Distance | 60% | 65% | 70% | 75% | 80% | 85% |
|---------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 100 m | 46.2 s | 42.6 s | 39.6 s | 36.9 s | 34.6 s | 32.6 s |
| 200 m | 1 mn 32.3 s | 1 mn 25.2 s | 1 mn 19.1 s | 1 mn 13.8 s | 1 mn 9.2 s | 1 mn 5.2 s |
| 300 m | 2 mn 18.5 s | 2 mn 7.8 s | 1 mn 58.7 s | 1 mn 50.8 s | 1 mn 43.8 s | 1 mn 37.7 s |
| 400 m | 3 mn 4.6 s | 2 mn 50.4 s | 2 mn 38.2 s | 2 mn 27.7 s | 2 mn 18.5 s | 2 mn 10.3 s |
| 500 m | 3 mn 50.8 s | 3 mn 33 s | 3 mn 17.8 s | 3 mn 4.6 s | 2 mn 53.1 s | 2 mn 42.9 s |
| 600 m | 4 mn 36.9 s | 4 mn 15.6 s | 3 mn 57.4 s | 3 mn 41.5 s | 3 mn 27.7 s | 3 mn 15.5 s |
| 800 m | 6 mn 9.2 s | 5 mn 40.8 s | 5 mn 16.5 s | 4 mn 55.4 s | 4 mn 36.9 s | 4 mn 20.6 s |
| 1000 m | 7 mn 41.5 s | 7 mn 6 s | 6 mn 35.6 s | 6 mn 9.2 s | 5 mn 46.2 s | 5 mn 25.8 s |
| 1200 m | 9 mn 13.8 s | 8 mn 31.2 s | 7 mn 54.7 s | 7 mn 23.1 s | 6 mn 55.4 s | 6 mn 31 s |
| 1500 m | 11 mn 32.3 s | 10 mn 39.1 s | 9 mn 53.4 s | 9 mn 13.8 s | 8 mn 39.2 s | 8 mn 8.7 s |
| 2000 m | 15 mn 23.1 s | 14 mn 12.1 s | 13 mn 11.2 s | 12 mn 18.5 s | 11 mn 32.3 s | 10 mn 51.6 s |
| 3000 m | 23 mn 4.6 s | 21 mn 18.1 s | 19 mn 46.8 s | 18 mn 27.7 s | 17 mn 18.5 s | 16 mn 17.4 s |

| Distance | 90% | 95% | 100% | 105% | 110% | 115% |
|----------|--------------|--------------|--------------|--------------|--------------|-------------|
| 100 m | 30.8 s | 29.1 s | 27.7 s | 26.4 s | 25.2 s | 24.1 s |
| 200 m | 1 mn 1.5 s | 58.3 s | 55.4 s | 52.7 s | 50.3 s | 48.2 s |
| 300 m | 1 mn 32.3 s | 1 mn 27.4 s | 1 mn 23.1 s | 1 mn 19.1 s | 1 mn 15.5 s | 1 mn 12.2 s |
| 400 m | 2 mn 3.1 s | 1 mn 56.6 s | 1 mn 50.8 s | 1 mn 45.5 s | 1 mn 40.7 s | 1 mn 36.3 s |
| 500 m | 2 mn 33.8 s | 2 mn 25.7 s | 2 mn 18.5 s | 2 mn 11.9 s | 2 mn 5.9 s | 2 mn 0.4 s |
| 600 m | 3 mn 4.6 s | 2 mn 54.9 s | 2 mn 46.2 s | 2 mn 38.2 s | 2 mn 31 s | 2 mn 24.5 s |
| 800 m | 4 mn 6.2 s | 3 mn 53.2 s | 3 mn 41.5 s | 3 mn 31 s | 3 mn 21.4 s | 3 mn 12.6 s |
| 1000 m | 5 mn 7.7 s | 4 mn 51.5 s | 4 mn 36.9 s | 4 mn 23.7 s | 4 mn 11.7 s | 4 mn 0.8 s |
| 1200 m | 6 mn 9.2 s | 5 mn 49.8 s | 5 mn 32.3 s | 5 mn 16.5 s | 5 mn 2.1 s | 4 mn 49 s |
| 1500 m | 7 mn 41.5 s | 7 mn 17.2 s | 6 mn 55.4 s | 6 mn 35.6 s | 6 mn 17.6 s | 6 mn 1.2 s |
| 2000 m | 10 mn 15.4 s | 9 mn 43 s | 9 mn 13.8 s | 8 mn 47.5 s | 8 mn 23.5 s | 8 mn 1.6 s |
| 3000 m | 15 mn 23.1 s | 14 mn 34.5 s | 13 mn 50.8 s | 13 mn 11.2 s | 12 mn 35.2 s | 12 mn 2.4 s |

Distance par temps

| Temps | 60% | 65% | 70% | 75% | 80% | 85% |
|-------|---------|----------|----------|----------|----------|----------|
| 30" | 65 m | 70.4 m | 75.8 m | 81.3 m | 86.7 m | 92.1 m |
| 45" | 97.5 m | 105.6 m | 113.8 m | 121.9 m | 130 m | 138.1 m |
| 1' | 130 m | 140.8 m | 151.7 m | 162.5 m | 173.3 m | 184.2 m |
| 1'15 | 162.5 m | 176 m | 189.6 m | 203.1 m | 216.7 m | 230.2 m |
| 1'30 | 195 m | 211.3 m | 227.5 m | 243.8 m | 260 m | 276.3 m |
| 2' | 260 m | 281.7 m | 303.3 m | 325 m | 346.7 m | 368.3 m |
| 2'30 | 325 m | 352.1 m | 379.2 m | 406.3 m | 433.3 m | 460.4 m |
| 3' | 390 m | 422.5 m | 455 m | 487.5 m | 520 m | 552.5 m |
| 4' | 520 m | 563.3 m | 606.7 m | 650 m | 693.3 m | 736.7 m |
| 5' | 650 m | 704.2 m | 758.3 m | 812.5 m | 866.7 m | 920.8 m |
| 10' | 1300 m | 1408.3 m | 1516.7 m | 1625 m | 1733.3 m | 1841.7 m |
| 15' | 1950 m | 2112.5 m | 2275 m | 2437.5 m | 2600 m | 2762.5 m |

| Temps | 90% | 95% | 100% | 105% | 110% | 115% |
|-------|---------|----------|----------|----------|----------|----------|
| 30" | 97.5 m | 102.9 m | 108.3 m | 113.8 m | 119.2 m | 124.6 m |
| 45" | 146.3 m | 154.4 m | 162.5 m | 170.6 m | 178.8 m | 186.9 m |
| 1' | 195 m | 205.8 m | 216.7 m | 227.5 m | 238.3 m | 249.2 m |
| 1'15 | 243.8 m | 257.3 m | 270.8 m | 284.4 m | 297.9 m | 311.5 m |
| 1'30 | 292.5 m | 308.8 m | 325 m | 341.3 m | 357.5 m | 373.8 m |
| 2' | 390 m | 411.7 m | 433.3 m | 455 m | 476.7 m | 498.3 m |
| 2'30 | 487.5 m | 514.6 m | 541.7 m | 568.7 m | 595.8 m | 622.9 m |
| 3' | 585 m | 617.5 m | 650 m | 682.5 m | 715 m | 747.5 m |
| 4' | 780 m | 823.3 m | 866.7 m | 910 m | 953.3 m | 996.7 m |
| 5' | 975 m | 1029.2 m | 1083.3 m | 1137.5 m | 1191.7 m | 1245.8 m |
| 10' | 1950 m | 2058.3 m | 2166.7 m | 2275 m | 2383.3 m | 2491.7 m |
| 15' | 2925 m | 3087.5 m | 3250 m | 3412.5 m | 3575 m | 3737.5 m |