

# S'entraîner avec la VMA

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

km/h

Calculer

Réinitialiser

## Orientation de l'entraînement

Allure lente : 65 % VMA (temps au kilomètre) :	6 mn 35.6 s
Allure moyenne : 70 % VMA (temps au kilomètre) :	6 mn 7.3 s
Allure rapide : 80 % VMA (temps au kilomètre) :	5 mn 21.4 s

## Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30''	km/h
115 %	22.4 s	3 mn 43.6 s	134.2 m	16.1
110 %	23.4 s	3 mn 53.8 s	128.3 m	15.4
105 %	24.5 s	4 mn 4.9 s	122.5 m	14.7
<b>100 %</b>	25.7 s	4 mn 17.1 s	116.7 m	14
95 %	27.1 s	4 mn 30.7 s	110.8 m	13.3
90 %	28.6 s	4 mn 45.7 s	105 m	12.6
85 %	30.3 s	5 mn 2.5 s	99.2 m	11.9
80 %	32.1 s	5 mn 21.4 s	93.3 m	11.2

## Temps par distance

Distance	60%	65%	70%	75%	80%	85%
<b>100 m</b>	42.9 s	39.6 s	36.7 s	34.3 s	32.1 s	30.3 s
<b>200 m</b>	1 mn 25.7 s	1 mn 19.1 s	1 mn 13.5 s	1 mn 8.6 s	1 mn 4.3 s	1 mn 0.5 s
<b>300 m</b>	2 mn 8.6 s	1 mn 58.7 s	1 mn 50.2 s	1 mn 42.9 s	1 mn 36.4 s	1 mn 30.8 s
<b>400 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>500 m</b>	3 mn 34.3 s	3 mn 17.8 s	3 mn 3.7 s	2 mn 51.4 s	2 mn 40.7 s	2 mn 31.3 s
<b>600 m</b>	4 mn 17.1 s	3 mn 57.4 s	3 mn 40.4 s	3 mn 25.7 s	3 mn 12.9 s	3 mn 1.5 s
<b>800 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>1000 m</b>	7 mn 8.6 s	6 mn 35.6 s	6 mn 7.3 s	5 mn 42.9 s	5 mn 21.4 s	5 mn 2.5 s
<b>1200 m</b>	8 mn 34.3 s	7 mn 54.7 s	7 mn 20.8 s	6 mn 51.4 s	6 mn 25.7 s	6 mn 3 s
<b>1500 m</b>	10 mn 42.9 s	9 mn 53.4 s	9 mn 11 s	8 mn 34.3 s	8 mn 2.1 s	7 mn 33.8 s
<b>2000 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>3000 m</b>	21 mn 25.7 s	19 mn 46.8 s	18 mn 22 s	17 mn 8.6 s	16 mn 4.3 s	15 mn 7.6 s

Distance	90%	95%	100%	105%	110%	115%
100 m	28.6 s	27.1 s	25.7 s	24.5 s	23.4 s	22.4 s
200 m	57.1 s	54.1 s	51.4 s	49 s	46.8 s	44.7 s
300 m	1 mn 25.7 s	1 mn 21.2 s	1 mn 17.1 s	1 mn 13.5 s	1 mn 10.1 s	1 mn 7.1 s
400 m	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
500 m	2 mn 22.9 s	2 mn 15.3 s	2 mn 8.6 s	2 mn 2.4 s	1 mn 56.9 s	1 mn 51.8 s
600 m	2 mn 51.4 s	2 mn 42.4 s	2 mn 34.3 s	2 mn 26.9 s	2 mn 20.3 s	2 mn 14.2 s
800 m	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
1000 m	4 mn 45.7 s	4 mn 30.7 s	4 mn 17.1 s	4 mn 4.9 s	3 mn 53.8 s	3 mn 43.6 s
1200 m	5 mn 42.9 s	5 mn 24.8 s	5 mn 8.6 s	4 mn 53.9 s	4 mn 40.5 s	4 mn 28.3 s
1500 m	7 mn 8.6 s	6 mn 46 s	6 mn 25.7 s	6 mn 7.3 s	5 mn 50.6 s	5 mn 35.4 s
2000 m	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
3000 m	14 mn 17.1 s	13 mn 32 s	12 mn 51.4 s	12 mn 14.7 s	11 mn 41.3 s	11 mn 10.8 s

## Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	70 m	75.8 m	81.7 m	87.5 m	93.3 m	99.2 m
45"	105 m	113.8 m	122.5 m	131.3 m	140 m	148.8 m
1'	140 m	151.7 m	163.3 m	175 m	186.7 m	198.3 m
1'15	175 m	189.6 m	204.2 m	218.8 m	233.3 m	247.9 m
1'30	210 m	227.5 m	245 m	262.5 m	280 m	297.5 m
2'	280 m	303.3 m	326.7 m	350 m	373.3 m	396.7 m
2'30	350 m	379.2 m	408.3 m	437.5 m	466.7 m	495.8 m
3'	420 m	455 m	490 m	525 m	560 m	595 m
4'	560 m	606.7 m	653.3 m	700 m	746.7 m	793.3 m
5'	700 m	758.3 m	816.7 m	875 m	933.3 m	991.7 m
10'	1400 m	1516.7 m	1633.3 m	1750 m	1866.7 m	1983.3 m
15'	2100 m	2275 m	2450 m	2625 m	2800 m	2975 m

Temps	90%	95%	100%	105%	110%	115%
30"	105 m	110.8 m	116.7 m	122.5 m	128.3 m	134.2 m
45"	157.5 m	166.3 m	175 m	183.8 m	192.5 m	201.3 m
1'	210 m	221.7 m	233.3 m	245 m	256.7 m	268.3 m
1'15	262.5 m	277.1 m	291.7 m	306.3 m	320.8 m	335.4 m
1'30	315 m	332.5 m	350 m	367.5 m	385 m	402.5 m
2'	420 m	443.3 m	466.7 m	490 m	513.3 m	536.7 m
2'30	525 m	554.2 m	583.3 m	612.5 m	641.7 m	670.8 m
3'	630 m	665 m	700 m	735 m	770 m	805 m
4'	840 m	886.7 m	933.3 m	980 m	1026.7 m	1073.3 m
5'	1050 m	1108.3 m	1166.7 m	1225 m	1283.3 m	1341.7 m
10'	2100 m	2216.7 m	2333.3 m	2450 m	2566.7 m	2683.3 m
15'	3150 m	3325 m	3500 m	3675 m	3850 m	4025 m