

# 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) :	<input type="text" value="5 mn 25.8 s"/>
Allure moyenne : 70 % VMA (temps au kilomètre) :	<input type="text" value="5 mn 2.5 s"/>
Allure rapide : 80 % VMA (temps au kilomètre) :	<input type="text" value="4 mn 24.7 s"/>

## Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30''	km/h
115 %	18.4 s	3 mn 4.1 s	162.9 m	19.55
110 %	19.3 s	3 mn 12.5 s	155.8 m	18.7
105 %	20.2 s	3 mn 21.7 s	148.7 m	17.85
<b>100 %</b>	21.2 s	3 mn 31.8 s	141.7 m	17
95 %	22.3 s	3 mn 42.9 s	134.6 m	16.15
90 %	23.5 s	3 mn 55.3 s	127.5 m	15.3
85 %	24.9 s	4 mn 9.1 s	120.4 m	14.45
80 %	26.5 s	4 mn 24.7 s	113.3 m	13.6

## Temps par distance

Distance	60%	65%	70%	75%	80%	85%
<b>100 m</b>	35.3 s	32.6 s	30.3 s	28.2 s	26.5 s	24.9 s
<b>200 m</b>	1 mn 10.6 s	1 mn 5.2 s	1 mn 0.5 s	56.5 s	52.9 s	49.8 s
<b>300 m</b>	1 mn 45.9 s	1 mn 37.7 s	1 mn 30.8 s	1 mn 24.7 s	1 mn 19.4 s	1 mn 14.7 s
<b>400 m</b>	2 mn 21.2 s	2 mn 10.3 s	2 mn 1 s	1 mn 52.9 s	1 mn 45.9 s	1 mn 39.7 s
<b>500 m</b>	2 mn 56.5 s	2 mn 42.9 s	2 mn 31.3 s	2 mn 21.2 s	2 mn 12.4 s	2 mn 4.6 s
<b>600 m</b>	3 mn 31.8 s	3 mn 15.5 s	3 mn 1.5 s	2 mn 49.4 s	2 mn 38.8 s	2 mn 29.5 s
<b>800 m</b>	4 mn 42.4 s	4 mn 20.6 s	4 mn 2 s	3 mn 45.9 s	3 mn 31.8 s	3 mn 19.3 s
<b>1000 m</b>	5 mn 52.9 s	5 mn 25.8 s	5 mn 2.5 s	4 mn 42.4 s	4 mn 24.7 s	4 mn 9.1 s
<b>1200 m</b>	7 mn 3.5 s	6 mn 31 s	6 mn 3 s	5 mn 38.8 s	5 mn 17.6 s	4 mn 59 s
<b>1500 m</b>	8 mn 49.4 s	8 mn 8.7 s	7 mn 33.8 s	7 mn 3.5 s	6 mn 37.1 s	6 mn 13.7 s
<b>2000 m</b>	11 mn 45.9 s	10 mn 51.6 s	10 mn 5 s	9 mn 24.7 s	8 mn 49.4 s	8 mn 18.3 s
<b>3000 m</b>	17 mn 38.8 s	16 mn 17.4 s	15 mn 7.6 s	14 mn 7.1 s	13 mn 14.1 s	12 mn 27.4 s

Distance	90%	95%	100%	105%	110%	115%
100 m	23.5 s	22.3 s	21.2 s	20.2 s	19.3 s	18.4 s
200 m	47.1 s	44.6 s	42.4 s	40.3 s	38.5 s	36.8 s
300 m	1 mn 10.6 s	1 mn 6.9 s	1 mn 3.5 s	1 mn 0.5 s	57.8 s	55.2 s
400 m	1 mn 34.1 s	1 mn 29.2 s	1 mn 24.7 s	1 mn 20.7 s	1 mn 17 s	1 mn 13.7 s
500 m	1 mn 57.6 s	1 mn 51.5 s	1 mn 45.9 s	1 mn 40.8 s	1 mn 36.3 s	1 mn 32.1 s
600 m	2 mn 21.2 s	2 mn 13.7 s	2 mn 7.1 s	2 mn 1 s	1 mn 55.5 s	1 mn 50.5 s
800 m	3 mn 8.2 s	2 mn 58.3 s	2 mn 49.4 s	2 mn 41.3 s	2 mn 34 s	2 mn 27.3 s
1000 m	3 mn 55.3 s	3 mn 42.9 s	3 mn 31.8 s	3 mn 21.7 s	3 mn 12.5 s	3 mn 4.1 s
1200 m	4 mn 42.4 s	4 mn 27.5 s	4 mn 14.1 s	4 mn 2 s	3 mn 51 s	3 mn 41 s
1500 m	5 mn 52.9 s	5 mn 34.4 s	5 mn 17.6 s	5 mn 2.5 s	4 mn 48.8 s	4 mn 36.2 s
2000 m	7 mn 50.6 s	7 mn 25.8 s	7 mn 3.5 s	6 mn 43.4 s	6 mn 25 s	6 mn 8.3 s
3000 m	11 mn 45.9 s	11 mn 8.7 s	10 mn 35.3 s	10 mn 5 s	9 mn 37.5 s	9 mn 12.4 s

## Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	85 m	92.1 m	99.2 m	106.3 m	113.3 m	120.4 m
45"	127.5 m	138.1 m	148.8 m	159.4 m	170 m	180.6 m
1'	170 m	184.2 m	198.3 m	212.5 m	226.7 m	240.8 m
1'15	212.5 m	230.2 m	247.9 m	265.6 m	283.3 m	301 m
1'30	255 m	276.3 m	297.5 m	318.8 m	340 m	361.3 m
2'	340 m	368.3 m	396.7 m	425 m	453.3 m	481.7 m
2'30	425 m	460.4 m	495.8 m	531.3 m	566.7 m	602.1 m
3'	510 m	552.5 m	595 m	637.5 m	680 m	722.5 m
4'	680 m	736.7 m	793.3 m	850 m	906.7 m	963.3 m
5'	850 m	920.8 m	991.7 m	1062.5 m	1133.3 m	1204.2 m
10'	1700 m	1841.7 m	1983.3 m	2125 m	2266.7 m	2408.3 m
15'	2550 m	2762.5 m	2975 m	3187.5 m	3400 m	3612.5 m

Temps	90%	95%	100%	105%	110%	115%
30"	127.5 m	134.6 m	141.7 m	148.7 m	155.8 m	162.9 m
45"	191.3 m	201.9 m	212.5 m	223.1 m	233.8 m	244.4 m
1'	255 m	269.2 m	283.3 m	297.5 m	311.7 m	325.8 m
1'15	318.8 m	336.5 m	354.2 m	371.9 m	389.6 m	407.3 m
1'30	382.5 m	403.8 m	425 m	446.3 m	467.5 m	488.8 m
2'	510 m	538.3 m	566.7 m	595 m	623.3 m	651.7 m
2'30	637.5 m	672.9 m	708.3 m	743.8 m	779.2 m	814.6 m
3'	765 m	807.5 m	850 m	892.5 m	935 m	977.5 m
4'	1020 m	1076.7 m	1133.3 m	1190 m	1246.7 m	1303.3 m
5'	1275 m	1345.8 m	1416.7 m	1487.5 m	1558.3 m	1629.2 m
10'	2550 m	2691.7 m	2833.3 m	2975 m	3116.7 m	3258.3 m
15'	3825 m	4037.5 m	4250 m	4462.5 m	4675 m	4887.5 m