

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 % | 16.9 s | 2 mn 49.2 s | 177.3 m | 21.28 |
| 110 % | 17.7 s | 2 mn 56.9 s | 169.6 m | 20.35 |
| 105 % | 18.5 s | 3 mn 5.3 s | 161.9 m | 19.43 |
| 100 % | 19.5 s | 3 mn 14.6 s | 154.2 m | 18.5 |
| 95 % | 20.5 s | 3 mn 24.8 s | 146.5 m | 17.58 |
| 90 % | 21.6 s | 3 mn 36.2 s | 138.8 m | 16.65 |
| 85 % | 22.9 s | 3 mn 48.9 s | 131 m | 15.73 |
| 80 % | 24.3 s | 4 mn 3.2 s | 123.3 m | 14.8 |

Temps par distance

| Distance | 60% | 65% | 70% | 75% | 80% | 85% |
|---------------|--------------|--------------|-------------|--------------|-------------|--------------|
| 100 m | 32.4 s | 29.9 s | 27.8 s | 25.9 s | 24.3 s | 22.9 s |
| 200 m | 1 mn 4.9 s | 59.9 s | 55.6 s | 51.9 s | 48.6 s | 45.8 s |
| 300 m | 1 mn 37.3 s | 1 mn 29.8 s | 1 mn 23.4 s | 1 mn 17.8 s | 1 mn 13 s | 1 mn 8.7 s |
| 400 m | 2 mn 9.7 s | 1 mn 59.8 s | 1 mn 51.2 s | 1 mn 43.8 s | 1 mn 37.3 s | 1 mn 31.6 s |
| 500 m | 2 mn 42.2 s | 2 mn 29.7 s | 2 mn 19 s | 2 mn 9.7 s | 2 mn 1.6 s | 1 mn 54.5 s |
| 600 m | 3 mn 14.6 s | 2 mn 59.6 s | 2 mn 46.8 s | 2 mn 35.7 s | 2 mn 25.9 s | 2 mn 17.4 s |
| 800 m | 4 mn 19.5 s | 3 mn 59.5 s | 3 mn 42.4 s | 3 mn 27.6 s | 3 mn 14.6 s | 3 mn 3.1 s |
| 1000 m | 5 mn 24.3 s | 4 mn 59.4 s | 4 mn 38 s | 4 mn 19.5 s | 4 mn 3.2 s | 3 mn 48.9 s |
| 1200 m | 6 mn 29.2 s | 5 mn 59.3 s | 5 mn 33.6 s | 5 mn 11.4 s | 4 mn 51.9 s | 4 mn 34.7 s |
| 1500 m | 8 mn 6.5 s | 7 mn 29.1 s | 6 mn 57 s | 6 mn 29.2 s | 6 mn 4.9 s | 5 mn 43.4 s |
| 2000 m | 10 mn 48.6 s | 9 mn 58.8 s | 9 mn 16 s | 8 mn 38.9 s | 8 mn 6.5 s | 7 mn 37.9 s |
| 3000 m | 16 mn 13 s | 14 mn 58.1 s | 13 mn 54 s | 12 mn 58.4 s | 12 mn 9.7 s | 11 mn 26.8 s |

| Distance | 90% | 95% | 100% | 105% | 110% | 115% |
|----------|--------------|--------------|-------------|-------------|-------------|-------------|
| 100 m | 21.6 s | 20.5 s | 19.5 s | 18.5 s | 17.7 s | 16.9 s |
| 200 m | 43.2 s | 41 s | 38.9 s | 37.1 s | 35.4 s | 33.8 s |
| 300 m | 1 mn 4.9 s | 1 mn 1.5 s | 58.4 s | 55.6 s | 53.1 s | 50.8 s |
| 400 m | 1 mn 26.5 s | 1 mn 21.9 s | 1 mn 17.8 s | 1 mn 14.1 s | 1 mn 10.8 s | 1 mn 7.7 s |
| 500 m | 1 mn 48.1 s | 1 mn 42.4 s | 1 mn 37.3 s | 1 mn 32.7 s | 1 mn 28.5 s | 1 mn 24.6 s |
| 600 m | 2 mn 9.7 s | 2 mn 2.9 s | 1 mn 56.8 s | 1 mn 51.2 s | 1 mn 46.1 s | 1 mn 41.5 s |
| 800 m | 2 mn 53 s | 2 mn 43.9 s | 2 mn 35.7 s | 2 mn 28.3 s | 2 mn 21.5 s | 2 mn 15.4 s |
| 1000 m | 3 mn 36.2 s | 3 mn 24.8 s | 3 mn 14.6 s | 3 mn 5.3 s | 2 mn 56.9 s | 2 mn 49.2 s |
| 1200 m | 4 mn 19.5 s | 4 mn 5.8 s | 3 mn 53.5 s | 3 mn 42.4 s | 3 mn 32.3 s | 3 mn 23.1 s |
| 1500 m | 5 mn 24.3 s | 5 mn 7.3 s | 4 mn 51.9 s | 4 mn 38 s | 4 mn 25.4 s | 4 mn 13.8 s |
| 2000 m | 7 mn 12.4 s | 6 mn 49.7 s | 6 mn 29.2 s | 6 mn 10.7 s | 5 mn 53.8 s | 5 mn 38.4 s |
| 3000 m | 10 mn 48.6 s | 10 mn 14.5 s | 9 mn 43.8 s | 9 mn 16 s | 8 mn 50.7 s | 8 mn 27.6 s |

Distance par temps

| Temps | 60% | 65% | 70% | 75% | 80% | 85% |
|-------|---------|----------|----------|----------|----------|----------|
| 30" | 92.5 m | 100.2 m | 107.9 m | 115.6 m | 123.3 m | 131 m |
| 45" | 138.8 m | 150.3 m | 161.9 m | 173.4 m | 185 m | 196.6 m |
| 1' | 185 m | 200.4 m | 215.8 m | 231.3 m | 246.7 m | 262.1 m |
| 1'15 | 231.3 m | 250.5 m | 269.8 m | 289.1 m | 308.3 m | 327.6 m |
| 1'30 | 277.5 m | 300.6 m | 323.8 m | 346.9 m | 370 m | 393.1 m |
| 2' | 370 m | 400.8 m | 431.7 m | 462.5 m | 493.3 m | 524.2 m |
| 2'30 | 462.5 m | 501 m | 539.6 m | 578.1 m | 616.7 m | 655.2 m |
| 3' | 555 m | 601.3 m | 647.5 m | 693.8 m | 740 m | 786.3 m |
| 4' | 740 m | 801.7 m | 863.3 m | 925 m | 986.7 m | 1048.3 m |
| 5' | 925 m | 1002.1 m | 1079.2 m | 1156.3 m | 1233.3 m | 1310.4 m |
| 10' | 1850 m | 2004.2 m | 2158.3 m | 2312.5 m | 2466.7 m | 2620.8 m |
| 15' | 2775 m | 3006.3 m | 3237.5 m | 3468.8 m | 3700 m | 3931.3 m |

| Temps | 90% | 95% | 100% | 105% | 110% | 115% |
|-------|----------|----------|----------|----------|----------|----------|
| 30" | 138.8 m | 146.5 m | 154.2 m | 161.9 m | 169.6 m | 177.3 m |
| 45" | 208.1 m | 219.7 m | 231.3 m | 242.8 m | 254.4 m | 265.9 m |
| 1' | 277.5 m | 292.9 m | 308.3 m | 323.8 m | 339.2 m | 354.6 m |
| 1'15 | 346.9 m | 366.1 m | 385.4 m | 404.7 m | 424 m | 443.2 m |
| 1'30 | 416.3 m | 439.4 m | 462.5 m | 485.6 m | 508.8 m | 531.9 m |
| 2' | 555 m | 585.8 m | 616.7 m | 647.5 m | 678.3 m | 709.2 m |
| 2'30 | 693.8 m | 732.3 m | 770.8 m | 809.4 m | 847.9 m | 886.5 m |
| 3' | 832.5 m | 878.8 m | 925 m | 971.3 m | 1017.5 m | 1063.8 m |
| 4' | 1110 m | 1171.7 m | 1233.3 m | 1295 m | 1356.7 m | 1418.3 m |
| 5' | 1387.5 m | 1464.6 m | 1541.7 m | 1618.8 m | 1695.8 m | 1772.9 m |
| 10' | 2775 m | 2929.2 m | 3083.3 m | 3237.5 m | 3391.7 m | 3545.8 m |
| 15' | 4162.5 m | 4393.8 m | 4625 m | 4856.3 m | 5087.5 m | 5318.8 m |