

# 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="9 mn 13.8 s"/>
Allure moyenne : 70 % VMA (temps au kilomètre) :	<input type="text" value="8 mn 34.3 s"/>
Allure rapide : 80 % VMA (temps au kilomètre) :	<input type="text" value="7 mn 30 s"/>

## Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30"	km/h
115 %	31.3 s	5 mn 13 s	95.8 m	11.5
110 %	32.7 s	5 mn 27.3 s	91.7 m	11
105 %	34.3 s	5 mn 42.9 s	87.5 m	10.5
<b>100 %</b>	36 s	6 mn	83.3 m	10
95 %	37.9 s	6 mn 18.9 s	79.2 m	9.5
90 %	40 s	6 mn 40 s	75 m	9
85 %	42.4 s	7 mn 3.5 s	70.8 m	8.5
80 %	45 s	7 mn 30 s	66.7 m	8

## Temps par distance

Distance	60%	65%	70%	75%	80%	85%
<b>100 m</b>	1 mn	55.4 s	51.4 s	48 s	45 s	42.4 s
<b>200 m</b>	2 mn	1 mn 50.8 s	1 mn 42.9 s	1 mn 36 s	1 mn 30 s	1 mn 24.7 s
<b>300 m</b>	3 mn	2 mn 46.2 s	2 mn 34.3 s	2 mn 24 s	2 mn 15 s	2 mn 7.1 s
<b>400 m</b>	4 mn	3 mn 41.5 s	3 mn 25.7 s	3 mn 12 s	3 mn	2 mn 49.4 s
<b>500 m</b>	5 mn	4 mn 36.9 s	4 mn 17.1 s	4 mn	3 mn 45 s	3 mn 31.8 s
<b>600 m</b>	6 mn	5 mn 32.3 s	5 mn 8.6 s	4 mn 48 s	4 mn 30 s	4 mn 14.1 s
<b>800 m</b>	8 mn	7 mn 23.1 s	6 mn 51.4 s	6 mn 24 s	6 mn	5 mn 38.8 s
<b>1000 m</b>	10 mn	9 mn 13.8 s	8 mn 34.3 s	8 mn	7 mn 30 s	7 mn 3.5 s
<b>1200 m</b>	12 mn	11 mn 4.6 s	10 mn 17.1 s	9 mn 36 s	9 mn	8 mn 28.2 s
<b>1500 m</b>	15 mn	13 mn 50.8 s	12 mn 51.4 s	12 mn	11 mn 15 s	10 mn 35.3 s
<b>2000 m</b>	20 mn	18 mn 27.7 s	17 mn 8.6 s	16 mn	15 mn	14 mn 7.1 s
<b>3000 m</b>	30 mn	27 mn 41.5 s	25 mn 42.9 s	24 mn	22 mn 30 s	21 mn 10.6 s

Distance	90%	95%	100%	105%	110%	115%
100 m	40 s	37.9 s	36 s	34.3 s	32.7 s	31.3 s
200 m	1 mn 20 s	1 mn 15.8 s	1 mn 12 s	1 mn 8.6 s	1 mn 5.5 s	1 mn 2.6 s
300 m	2 mn	1 mn 53.7 s	1 mn 48 s	1 mn 42.9 s	1 mn 38.2 s	1 mn 33.9 s
400 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
500 m	3 mn 20 s	3 mn 9.5 s	3 mn	2 mn 51.4 s	2 mn 43.6 s	2 mn 36.5 s
600 m	4 mn	3 mn 47.4 s	3 mn 36 s	3 mn 25.7 s	3 mn 16.4 s	3 mn 7.8 s
800 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
1000 m	6 mn 40 s	6 mn 18.9 s	6 mn	5 mn 42.9 s	5 mn 27.3 s	5 mn 13 s
1200 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
1500 m	10 mn	9 mn 28.4 s	9 mn	8 mn 34.3 s	8 mn 10.9 s	7 mn 49.6 s
2000 m	13 mn 20 s	12 mn 37.9 s	12 mn	11 mn 25.7 s	10 mn 54.5 s	10 mn 26.1 s
3000 m	20 mn	18 mn 56.8 s	18 mn	17 mn 8.6 s	16 mn 21.8 s	15 mn 39.1 s

## Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	50 m	54.2 m	58.3 m	62.5 m	66.7 m	70.8 m
45"	75 m	81.3 m	87.5 m	93.8 m	100 m	106.3 m
1'	100 m	108.3 m	116.7 m	125 m	133.3 m	141.7 m
1'15	125 m	135.4 m	145.8 m	156.2 m	166.7 m	177.1 m
1'30	150 m	162.5 m	175 m	187.5 m	200 m	212.5 m
2'	200 m	216.7 m	233.3 m	250 m	266.7 m	283.3 m
2'30	250 m	270.8 m	291.7 m	312.5 m	333.3 m	354.2 m
3'	300 m	325 m	350 m	375 m	400 m	425 m
4'	400 m	433.3 m	466.7 m	500 m	533.3 m	566.7 m
5'	500 m	541.7 m	583.3 m	625 m	666.7 m	708.3 m
10'	1000 m	1083.3 m	1166.7 m	1250 m	1333.3 m	1416.7 m
15'	1500 m	1625 m	1750 m	1875 m	2000 m	2125 m

Temps	90%	95%	100%	105%	110%	115%
30"	75 m	79.2 m	83.3 m	87.5 m	91.7 m	95.8 m
45"	112.5 m	118.8 m	125 m	131.3 m	137.5 m	143.8 m
1'	150 m	158.3 m	166.7 m	175 m	183.3 m	191.7 m
1'15	187.5 m	197.9 m	208.3 m	218.7 m	229.2 m	239.6 m
1'30	225 m	237.5 m	250 m	262.5 m	275 m	287.5 m
2'	300 m	316.7 m	333.3 m	350 m	366.7 m	383.3 m
2'30	375 m	395.8 m	416.7 m	437.5 m	458.3 m	479.2 m
3'	450 m	475 m	500 m	525 m	550 m	575 m
4'	600 m	633.3 m	666.7 m	700 m	733.3 m	766.7 m
5'	750 m	791.7 m	833.3 m	875 m	916.7 m	958.3 m
10'	1500 m	1583.3 m	1666.7 m	1750 m	1833.3 m	1916.7 m
15'	2250 m	2375 m	2500 m	2625 m	2750 m	2875 m