

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 %	27.2 s	4 mn 32.2 s	110.2 m	13.23
110 %	28.5 s	4 mn 44.6 s	105.4 m	12.65
105 %	29.8 s	4 mn 58.1 s	100.6 m	12.08
100 %	31.3 s	5 mn 13 s	95.8 m	11.5
95 %	33 s	5 mn 29.5 s	91 m	10.93
90 %	34.8 s	5 mn 47.8 s	86.3 m	10.35
85 %	36.8 s	6 mn 8.3 s	81.5 m	9.78
80 %	39.1 s	6 mn 31.3 s	76.7 m	9.2

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	52.2 s	48.2 s	44.7 s	41.7 s	39.1 s	36.8 s
200 m	1 mn 44.3 s	1 mn 36.3 s	1 mn 29.4 s	1 mn 23.5 s	1 mn 18.3 s	1 mn 13.7 s
300 m	2 mn 36.5 s	2 mn 24.5 s	2 mn 14.2 s	2 mn 5.2 s	1 mn 57.4 s	1 mn 50.5 s
400 m	3 mn 28.7 s	3 mn 12.6 s	2 mn 58.9 s	2 mn 47 s	2 mn 36.5 s	2 mn 27.3 s
500 m	4 mn 20.9 s	4 mn 0.8 s	3 mn 43.6 s	3 mn 28.7 s	3 mn 15.7 s	3 mn 4.1 s
600 m	5 mn 13 s	4 mn 49 s	4 mn 28.3 s	4 mn 10.4 s	3 mn 54.8 s	3 mn 41 s
800 m	6 mn 57.4 s	6 mn 25.3 s	5 mn 57.8 s	5 mn 33.9 s	5 mn 13 s	4 mn 54.6 s
1000 m	8 mn 41.7 s	8 mn 1.6 s	7 mn 27.2 s	6 mn 57.4 s	6 mn 31.3 s	6 mn 8.3 s
1200 m	10 mn 26.1 s	9 mn 37.9 s	8 mn 56.6 s	8 mn 20.9 s	7 mn 49.6 s	7 mn 21.9 s
1500 m	13 mn 2.6 s	12 mn 2.4 s	11 mn 10.8 s	10 mn 26.1 s	9 mn 47 s	9 mn 12.4 s
2000 m	17 mn 23.5 s	16 mn 3.2 s	14 mn 54.4 s	13 mn 54.8 s	13 mn 2.6 s	12 mn 16.6 s
3000 m	26 mn 5.2 s	24 mn 4.8 s	22 mn 21.6 s	20 mn 52.2 s	19 mn 33.9 s	18 mn 24.9 s

Distance	90%	95%	100%	105%	110%	115%
100 m	34.8 s	33 s	31.3 s	29.8 s	28.5 s	27.2 s
200 m	1 mn 9.6 s	1 mn 5.9 s	1 mn 2.6 s	59.6 s	56.9 s	54.4 s
300 m	1 mn 44.3 s	1 mn 38.9 s	1 mn 33.9 s	1 mn 29.4 s	1 mn 25.4 s	1 mn 21.7 s
400 m	2 mn 19.1 s	2 mn 11.8 s	2 mn 5.2 s	1 mn 59.3 s	1 mn 53.8 s	1 mn 48.9 s
500 m	2 mn 53.9 s	2 mn 44.8 s	2 mn 36.5 s	2 mn 29.1 s	2 mn 22.3 s	2 mn 16.1 s
600 m	3 mn 28.7 s	3 mn 17.7 s	3 mn 7.8 s	2 mn 58.9 s	2 mn 50.8 s	2 mn 43.3 s
800 m	4 mn 38.3 s	4 mn 23.6 s	4 mn 10.4 s	3 mn 58.5 s	3 mn 47.7 s	3 mn 37.8 s
1000 m	5 mn 47.8 s	5 mn 29.5 s	5 mn 13 s	4 mn 58.1 s	4 mn 44.6 s	4 mn 32.2 s
1200 m	6 mn 57.4 s	6 mn 35.4 s	6 mn 15.7 s	5 mn 57.8 s	5 mn 41.5 s	5 mn 26.7 s
1500 m	8 mn 41.7 s	8 mn 14.3 s	7 mn 49.6 s	7 mn 27.2 s	7 mn 6.9 s	6 mn 48.3 s
2000 m	11 mn 35.7 s	10 mn 59 s	10 mn 26.1 s	9 mn 56.3 s	9 mn 29.2 s	9 mn 4.4 s
3000 m	17 mn 23.5 s	16 mn 28.6 s	15 mn 39.1 s	14 mn 54.4 s	14 mn 13.8 s	13 mn 36.6 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	57.5 m	62.3 m	67.1 m	71.9 m	76.7 m	81.5 m
45"	86.3 m	93.4 m	100.6 m	107.8 m	115 m	122.2 m
1'	115 m	124.6 m	134.2 m	143.8 m	153.3 m	162.9 m
1'15	143.8 m	155.7 m	167.7 m	179.7 m	191.7 m	203.6 m
1'30	172.5 m	186.9 m	201.3 m	215.6 m	230 m	244.4 m
2'	230 m	249.2 m	268.3 m	287.5 m	306.7 m	325.8 m
2'30	287.5 m	311.5 m	335.4 m	359.4 m	383.3 m	407.3 m
3'	345 m	373.8 m	402.5 m	431.3 m	460 m	488.8 m
4'	460 m	498.3 m	536.7 m	575 m	613.3 m	651.7 m
5'	575 m	622.9 m	670.8 m	718.8 m	766.7 m	814.6 m
10'	1150 m	1245.8 m	1341.7 m	1437.5 m	1533.3 m	1629.2 m
15'	1725 m	1868.8 m	2012.5 m	2156.3 m	2300 m	2443.8 m

Temps	90%	95%	100%	105%	110%	115%
30"	86.3 m	91 m	95.8 m	100.6 m	105.4 m	110.2 m
45"	129.4 m	136.6 m	143.8 m	150.9 m	158.1 m	165.3 m
1'	172.5 m	182.1 m	191.7 m	201.3 m	210.8 m	220.4 m
1'15	215.6 m	227.6 m	239.6 m	251.6 m	263.5 m	275.5 m
1'30	258.8 m	273.1 m	287.5 m	301.9 m	316.3 m	330.6 m
2'	345 m	364.2 m	383.3 m	402.5 m	421.7 m	440.8 m
2'30	431.3 m	455.2 m	479.2 m	503.1 m	527.1 m	551 m
3'	517.5 m	546.3 m	575 m	603.8 m	632.5 m	661.3 m
4'	690 m	728.3 m	766.7 m	805 m	843.3 m	881.7 m
5'	862.5 m	910.4 m	958.3 m	1006.3 m	1054.2 m	1102.1 m
10'	1725 m	1820.8 m	1916.7 m	2012.5 m	2108.3 m	2204.2 m
15'	2587.5 m	2731.3 m	2875 m	3018.8 m	3162.5 m	3306.3 m