

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 %	23.2 s	3 mn 51.9 s	129.4 m	15.53
110 %	24.2 s	4 mn 2.4 s	123.8 m	14.85
105 %	25.4 s	4 mn 14 s	118.1 m	14.18
100 %	26.7 s	4 mn 26.7 s	112.5 m	13.5
95 %	28.1 s	4 mn 40.7 s	106.9 m	12.83
90 %	29.6 s	4 mn 56.3 s	101.3 m	12.15
85 %	31.4 s	5 mn 13.7 s	95.6 m	11.48
80 %	33.3 s	5 mn 33.3 s	90 m	10.8

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	44.4 s	41 s	38.1 s	35.6 s	33.3 s	31.4 s
200 m	1 mn 28.9 s	1 mn 22.1 s	1 mn 16.2 s	1 mn 11.1 s	1 mn 6.7 s	1 mn 2.7 s
300 m	2 mn 13.3 s	2 mn 3.1 s	1 mn 54.3 s	1 mn 46.7 s	1 mn 40 s	1 mn 34.1 s
400 m	2 mn 57.8 s	2 mn 44.1 s	2 mn 32.4 s	2 mn 22.2 s	2 mn 13.3 s	2 mn 5.5 s
500 m	3 mn 42.2 s	3 mn 25.1 s	3 mn 10.5 s	2 mn 57.8 s	2 mn 46.7 s	2 mn 36.9 s
600 m	4 mn 26.7 s	4 mn 6.2 s	3 mn 48.6 s	3 mn 33.3 s	3 mn 20 s	3 mn 8.2 s
800 m	5 mn 55.6 s	5 mn 28.2 s	5 mn 4.8 s	4 mn 44.4 s	4 mn 26.7 s	4 mn 11 s
1000 m	7 mn 24.4 s	6 mn 50.3 s	6 mn 21 s	5 mn 55.6 s	5 mn 33.3 s	5 mn 13.7 s
1200 m	8 mn 53.3 s	8 mn 12.3 s	7 mn 37.1 s	7 mn 6.7 s	6 mn 40 s	6 mn 16.5 s
1500 m	11 mn 6.7 s	10 mn 15.4 s	9 mn 31.4 s	8 mn 53.3 s	8 mn 20 s	7 mn 50.6 s
2000 m	14 mn 48.9 s	13 mn 40.5 s	12 mn 41.9 s	11 mn 51.1 s	11 mn 6.7 s	10 mn 27.5 s
3000 m	22 mn 13.3 s	20 mn 30.8 s	19 mn 2.9 s	17 mn 46.7 s	16 mn 40 s	15 mn 41.2 s

Distance	90%	95%	100%	105%	110%	115%
100 m	29.6 s	28.1 s	26.7 s	25.4 s	24.2 s	23.2 s
200 m	59.3 s	56.1 s	53.3 s	50.8 s	48.5 s	46.4 s
300 m	1 mn 28.9 s	1 mn 24.2 s	1 mn 20 s	1 mn 16.2 s	1 mn 12.7 s	1 mn 9.6 s
400 m	1 mn 58.5 s	1 mn 52.3 s	1 mn 46.7 s	1 mn 41.6 s	1 mn 37 s	1 mn 32.8 s
500 m	2 mn 28.1 s	2 mn 20.4 s	2 mn 13.3 s	2 mn 7 s	2 mn 1.2 s	1 mn 55.9 s
600 m	2 mn 57.8 s	2 mn 48.4 s	2 mn 40 s	2 mn 32.4 s	2 mn 25.5 s	2 mn 19.1 s
800 m	3 mn 57 s	3 mn 44.6 s	3 mn 33.3 s	3 mn 23.2 s	3 mn 13.9 s	3 mn 5.5 s
1000 m	4 mn 56.3 s	4 mn 40.7 s	4 mn 26.7 s	4 mn 14 s	4 mn 2.4 s	3 mn 51.9 s
1200 m	5 mn 55.6 s	5 mn 36.8 s	5 mn 20 s	5 mn 4.8 s	4 mn 50.9 s	4 mn 38.3 s
1500 m	7 mn 24.4 s	7 mn 1.1 s	6 mn 40 s	6 mn 21 s	6 mn 3.6 s	5 mn 47.8 s
2000 m	9 mn 52.6 s	9 mn 21.4 s	8 mn 53.3 s	8 mn 27.9 s	8 mn 4.8 s	7 mn 43.8 s
3000 m	14 mn 48.9 s	14 mn 2.1 s	13 mn 20 s	12 mn 41.9 s	12 mn 7.3 s	11 mn 35.7 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	67.5 m	73.1 m	78.8 m	84.4 m	90 m	95.6 m
45"	101.3 m	109.7 m	118.1 m	126.6 m	135 m	143.4 m
1'	135 m	146.3 m	157.5 m	168.8 m	180 m	191.3 m
1'15	168.8 m	182.8 m	196.9 m	210.9 m	225 m	239.1 m
1'30	202.5 m	219.4 m	236.3 m	253.1 m	270 m	286.9 m
2'	270 m	292.5 m	315 m	337.5 m	360 m	382.5 m
2'30	337.5 m	365.6 m	393.8 m	421.9 m	450 m	478.1 m
3'	405 m	438.8 m	472.5 m	506.3 m	540 m	573.8 m
4'	540 m	585 m	630 m	675 m	720 m	765 m
5'	675 m	731.3 m	787.5 m	843.8 m	900 m	956.3 m
10'	1350 m	1462.5 m	1575 m	1687.5 m	1800 m	1912.5 m
15'	2025 m	2193.8 m	2362.5 m	2531.3 m	2700 m	2868.8 m

Temps	90%	95%	100%	105%	110%	115%
30"	101.3 m	106.9 m	112.5 m	118.1 m	123.8 m	129.4 m
45"	151.9 m	160.3 m	168.8 m	177.2 m	185.6 m	194.1 m
1'	202.5 m	213.8 m	225 m	236.3 m	247.5 m	258.8 m
1'15	253.1 m	267.2 m	281.3 m	295.3 m	309.4 m	323.4 m
1'30	303.8 m	320.6 m	337.5 m	354.4 m	371.3 m	388.1 m
2'	405 m	427.5 m	450 m	472.5 m	495 m	517.5 m
2'30	506.3 m	534.4 m	562.5 m	590.6 m	618.8 m	646.9 m
3'	607.5 m	641.3 m	675 m	708.8 m	742.5 m	776.3 m
4'	810 m	855 m	900 m	945 m	990 m	1035 m
5'	1012.5 m	1068.8 m	1125 m	1181.3 m	1237.5 m	1293.8 m
10'	2025 m	2137.5 m	2250 m	2362.5 m	2475 m	2587.5 m
15'	3037.5 m	3206.3 m	3375 m	3543.8 m	3712.5 m	3881.3 m