

# 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 %	21.6 s	3 mn 35.9 s	139 m	16.68
110 %	22.6 s	3 mn 45.7 s	132.9 m	15.95
105 %	23.6 s	3 mn 56.5 s	126.9 m	15.23
<b>100 %</b>	24.8 s	4 mn 8.3 s	120.8 m	14.5
95 %	26.1 s	4 mn 21.3 s	114.8 m	13.78
90 %	27.6 s	4 mn 35.9 s	108.8 m	13.05
85 %	29.2 s	4 mn 52.1 s	102.7 m	12.33
80 %	31 s	5 mn 10.3 s	96.7 m	11.6

## Temps par distance

Distance	60%	65%	70%	75%	80%	85%
<b>100 m</b>	41.4 s	38.2 s	35.5 s	33.1 s	31 s	29.2 s
<b>200 m</b>	1 mn 22.8 s	1 mn 16.4 s	1 mn 10.9 s	1 mn 6.2 s	1 mn 2.1 s	58.4 s
<b>300 m</b>	2 mn 4.1 s	1 mn 54.6 s	1 mn 46.4 s	1 mn 39.3 s	1 mn 33.1 s	1 mn 27.6 s
<b>400 m</b>	2 mn 45.5 s	2 mn 32.8 s	2 mn 21.9 s	2 mn 12.4 s	2 mn 4.1 s	1 mn 56.8 s
<b>500 m</b>	3 mn 26.9 s	3 mn 11 s	2 mn 57.3 s	2 mn 45.5 s	2 mn 35.2 s	2 mn 26 s
<b>600 m</b>	4 mn 8.3 s	3 mn 49.2 s	3 mn 32.8 s	3 mn 18.6 s	3 mn 6.2 s	2 mn 55.3 s
<b>800 m</b>	5 mn 31 s	5 mn 5.6 s	4 mn 43.7 s	4 mn 24.8 s	4 mn 8.3 s	3 mn 53.7 s
<b>1000 m</b>	6 mn 53.8 s	6 mn 22 s	5 mn 54.7 s	5 mn 31 s	5 mn 10.3 s	4 mn 52.1 s
<b>1200 m</b>	8 mn 16.6 s	7 mn 38.4 s	7 mn 5.6 s	6 mn 37.2 s	6 mn 12.4 s	5 mn 50.5 s
<b>1500 m</b>	10 mn 20.7 s	9 mn 32.9 s	8 mn 52 s	8 mn 16.6 s	7 mn 45.5 s	7 mn 18.1 s
<b>2000 m</b>	13 mn 47.6 s	12 mn 43.9 s	11 mn 49.4 s	11 mn 2.1 s	10 mn 20.7 s	9 mn 44.2 s
<b>3000 m</b>	20 mn 41.4 s	19 mn 5.9 s	17 mn 44 s	16 mn 33.1 s	15 mn 31 s	14 mn 36.3 s

Distance	90%	95%	100%	105%	110%	115%
100 m	27.6 s	26.1 s	24.8 s	23.6 s	22.6 s	21.6 s
200 m	55.2 s	52.3 s	49.7 s	47.3 s	45.1 s	43.2 s
300 m	1 mn 22.8 s	1 mn 18.4 s	1 mn 14.5 s	1 mn 10.9 s	1 mn 7.7 s	1 mn 4.8 s
400 m	1 mn 50.3 s	1 mn 44.5 s	1 mn 39.3 s	1 mn 34.6 s	1 mn 30.3 s	1 mn 26.4 s
500 m	2 mn 17.9 s	2 mn 10.7 s	2 mn 4.1 s	1 mn 58.2 s	1 mn 52.9 s	1 mn 47.9 s
600 m	2 mn 45.5 s	2 mn 36.8 s	2 mn 29 s	2 mn 21.9 s	2 mn 15.4 s	2 mn 9.5 s
800 m	3 mn 40.7 s	3 mn 29.1 s	3 mn 18.6 s	3 mn 9.2 s	3 mn 0.6 s	2 mn 52.7 s
1000 m	4 mn 35.9 s	4 mn 21.3 s	4 mn 8.3 s	3 mn 56.5 s	3 mn 45.7 s	3 mn 35.9 s
1200 m	5 mn 31 s	5 mn 13.6 s	4 mn 57.9 s	4 mn 43.7 s	4 mn 30.8 s	4 mn 19.1 s
1500 m	6 mn 53.8 s	6 mn 32 s	6 mn 12.4 s	5 mn 54.7 s	5 mn 38.6 s	5 mn 23.8 s
2000 m	9 mn 11.7 s	8 mn 42.7 s	8 mn 16.6 s	7 mn 52.9 s	7 mn 31.4 s	7 mn 11.8 s
3000 m	13 mn 47.6 s	13 mn 4 s	12 mn 24.8 s	11 mn 49.4 s	11 mn 17.1 s	10 mn 47.7 s

## Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	72.5 m	78.5 m	84.6 m	90.6 m	96.7 m	102.7 m
45"	108.8 m	117.8 m	126.9 m	135.9 m	145 m	154.1 m
1'	145 m	157.1 m	169.2 m	181.3 m	193.3 m	205.4 m
1'15	181.3 m	196.4 m	211.5 m	226.6 m	241.7 m	256.8 m
1'30	217.5 m	235.6 m	253.8 m	271.9 m	290 m	308.1 m
2'	290 m	314.2 m	338.3 m	362.5 m	386.7 m	410.8 m
2'30	362.5 m	392.7 m	422.9 m	453.1 m	483.3 m	513.5 m
3'	435 m	471.3 m	507.5 m	543.8 m	580 m	616.3 m
4'	580 m	628.3 m	676.7 m	725 m	773.3 m	821.7 m
5'	725 m	785.4 m	845.8 m	906.3 m	966.7 m	1027.1 m
10'	1450 m	1570.8 m	1691.7 m	1812.5 m	1933.3 m	2054.2 m
15'	2175 m	2356.3 m	2537.5 m	2718.8 m	2900 m	3081.3 m

Temps	90%	95%	100%	105%	110%	115%
30"	108.8 m	114.8 m	120.8 m	126.9 m	132.9 m	139 m
45"	163.1 m	172.2 m	181.3 m	190.3 m	199.4 m	208.4 m
1'	217.5 m	229.6 m	241.7 m	253.8 m	265.8 m	277.9 m
1'15	271.9 m	287 m	302.1 m	317.2 m	332.3 m	347.4 m
1'30	326.3 m	344.4 m	362.5 m	380.6 m	398.8 m	416.9 m
2'	435 m	459.2 m	483.3 m	507.5 m	531.7 m	555.8 m
2'30	543.8 m	574 m	604.2 m	634.4 m	664.6 m	694.8 m
3'	652.5 m	688.8 m	725 m	761.3 m	797.5 m	833.8 m
4'	870 m	918.3 m	966.7 m	1015 m	1063.3 m	1111.7 m
5'	1087.5 m	1147.9 m	1208.3 m	1268.7 m	1329.2 m	1389.6 m
10'	2175 m	2295.8 m	2416.7 m	2537.5 m	2658.3 m	2779.2 m
15'	3262.5 m	3443.8 m	3625 m	3806.3 m	3987.5 m	4168.8 m