

# 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 %	20.2 s	3 mn 22 s	148.5 m	17.83
110 %	21.1 s	3 mn 31.1 s	142.1 m	17.05
105 %	22.1 s	3 mn 41.2 s	135.6 m	16.28
<b>100 %</b>	23.2 s	3 mn 52.3 s	129.2 m	15.5
95 %	24.4 s	4 mn 4.5 s	122.7 m	14.73
90 %	25.8 s	4 mn 18.1 s	116.3 m	13.95
85 %	27.3 s	4 mn 33.2 s	109.8 m	13.18
80 %	29 s	4 mn 50.3 s	103.3 m	12.4

## Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	38.7 s	35.7 s	33.2 s	31 s	29 s	27.3 s
200 m	1 mn 17.4 s	1 mn 11.5 s	1 mn 6.4 s	1 mn 1.9 s	58.1 s	54.6 s
300 m	1 mn 56.1 s	1 mn 47.2 s	1 mn 39.5 s	1 mn 32.9 s	1 mn 27.1 s	1 mn 22 s
400 m	2 mn 34.8 s	2 mn 22.9 s	2 mn 12.7 s	2 mn 3.9 s	1 mn 56.1 s	1 mn 49.3 s
500 m	3 mn 13.5 s	2 mn 58.7 s	2 mn 45.9 s	2 mn 34.8 s	2 mn 25.2 s	2 mn 16.6 s
600 m	3 mn 52.3 s	3 mn 34.4 s	3 mn 19.1 s	3 mn 5.8 s	2 mn 54.2 s	2 mn 43.9 s
800 m	5 mn 9.7 s	4 mn 45.9 s	4 mn 25.4 s	4 mn 7.7 s	3 mn 52.3 s	3 mn 38.6 s
1000 m	6 mn 27.1 s	5 mn 57.3 s	5 mn 31.8 s	5 mn 9.7 s	4 mn 50.3 s	4 mn 33.2 s
1200 m	7 mn 44.5 s	7 mn 8.8 s	6 mn 38.2 s	6 mn 11.6 s	5 mn 48.4 s	5 mn 27.9 s
1500 m	9 mn 40.6 s	8 mn 56 s	8 mn 17.7 s	7 mn 44.5 s	7 mn 15.5 s	6 mn 49.9 s
2000 m	12 mn 54.2 s	11 mn 54.6 s	11 mn 3.6 s	10 mn 19.4 s	9 mn 40.6 s	9 mn 6.5 s
3000 m	19 mn 21.3 s	17 mn 52 s	16 mn 35.4 s	15 mn 29 s	14 mn 31 s	13 mn 39.7 s

Distance	90%	95%	100%	105%	110%	115%
100 m	25.8 s	24.4 s	23.2 s	22.1 s	21.1 s	20.2 s
200 m	51.6 s	48.9 s	46.5 s	44.2 s	42.2 s	40.4 s
300 m	1 mn 17.4 s	1 mn 13.3 s	1 mn 9.7 s	1 mn 6.4 s	1 mn 3.3 s	1 mn 0.6 s
400 m	1 mn 43.2 s	1 mn 37.8 s	1 mn 32.9 s	1 mn 28.5 s	1 mn 24.5 s	1 mn 20.8 s
500 m	2 mn 9 s	2 mn 2.2 s	1 mn 56.1 s	1 mn 50.6 s	1 mn 45.6 s	1 mn 41 s
600 m	2 mn 34.8 s	2 mn 26.7 s	2 mn 19.4 s	2 mn 12.7 s	2 mn 6.7 s	2 mn 1.2 s
800 m	3 mn 26.5 s	3 mn 15.6 s	3 mn 5.8 s	2 mn 57 s	2 mn 48.9 s	2 mn 41.6 s
1000 m	4 mn 18.1 s	4 mn 4.5 s	3 mn 52.3 s	3 mn 41.2 s	3 mn 31.1 s	3 mn 22 s
1200 m	5 mn 9.7 s	4 mn 53.4 s	4 mn 38.7 s	4 mn 25.4 s	4 mn 13.4 s	4 mn 2.4 s
1500 m	6 mn 27.1 s	6 mn 6.7 s	5 mn 48.4 s	5 mn 31.8 s	5 mn 16.7 s	5 mn 2.9 s
2000 m	8 mn 36.1 s	8 mn 9 s	7 mn 44.5 s	7 mn 22.4 s	7 mn 2.3 s	6 mn 43.9 s
3000 m	12 mn 54.2 s	12 mn 13.4 s	11 mn 36.8 s	11 mn 3.6 s	10 mn 33.4 s	10 mn 5.9 s

## Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	77.5 m	84 m	90.4 m	96.9 m	103.3 m	109.8 m
45"	116.3 m	125.9 m	135.6 m	145.3 m	155 m	164.7 m
1'	155 m	167.9 m	180.8 m	193.8 m	206.7 m	219.6 m
1'15	193.7 m	209.9 m	226 m	242.2 m	258.3 m	274.5 m
1'30	232.5 m	251.9 m	271.3 m	290.6 m	310 m	329.4 m
2'	310 m	335.8 m	361.7 m	387.5 m	413.3 m	439.2 m
2'30	387.5 m	419.8 m	452.1 m	484.4 m	516.7 m	549 m
3'	465 m	503.8 m	542.5 m	581.3 m	620 m	658.8 m
4'	620 m	671.7 m	723.3 m	775 m	826.7 m	878.3 m
5'	775 m	839.6 m	904.2 m	968.7 m	1033.3 m	1097.9 m
10'	1550 m	1679.2 m	1808.3 m	1937.5 m	2066.7 m	2195.8 m
15'	2325 m	2518.8 m	2712.5 m	2906.3 m	3100 m	3293.8 m

Temps	90%	95%	100%	105%	110%	115%
30"	116.3 m	122.7 m	129.2 m	135.6 m	142.1 m	148.5 m
45"	174.4 m	184.1 m	193.8 m	203.4 m	213.1 m	222.8 m
1'	232.5 m	245.4 m	258.3 m	271.2 m	284.2 m	297.1 m
1'15	290.6 m	306.8 m	322.9 m	339.1 m	355.2 m	371.4 m
1'30	348.8 m	368.1 m	387.5 m	406.9 m	426.3 m	445.6 m
2'	465 m	490.8 m	516.7 m	542.5 m	568.3 m	594.2 m
2'30	581.2 m	613.5 m	645.8 m	678.1 m	710.4 m	742.7 m
3'	697.5 m	736.3 m	775 m	813.8 m	852.5 m	891.3 m
4'	930 m	981.7 m	1033.3 m	1085 m	1136.7 m	1188.3 m
5'	1162.5 m	1227.1 m	1291.7 m	1356.2 m	1420.8 m	1485.4 m
10'	2325 m	2454.2 m	2583.3 m	2712.5 m	2841.7 m	2970.8 m
15'	3487.5 m	3681.3 m	3875 m	4068.8 m	4262.5 m	4456.3 m