

# 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 %	19 s	3 mn 9.7 s	158.1 m	18.98
110 %	19.8 s	3 mn 18.3 s	151.3 m	18.15
105 %	20.8 s	3 mn 27.8 s	144.4 m	17.33
<b>100 %</b>	21.8 s	3 mn 38.2 s	137.5 m	16.5
95 %	23 s	3 mn 49.7 s	130.6 m	15.68
90 %	24.2 s	4 mn 2.4 s	123.8 m	14.85
85 %	25.7 s	4 mn 16.7 s	116.9 m	14.03
80 %	27.3 s	4 mn 32.7 s	110 m	13.2

## Temps par distance

Distance	60%	65%	70%	75%	80%	85%
<b>100 m</b>	36.4 s	33.6 s	31.2 s	29.1 s	27.3 s	25.7 s
<b>200 m</b>	1 mn 12.7 s	1 mn 7.1 s	1 mn 2.3 s	58.2 s	54.5 s	51.3 s
<b>300 m</b>	1 mn 49.1 s	1 mn 40.7 s	1 mn 33.5 s	1 mn 27.3 s	1 mn 21.8 s	1 mn 17 s
<b>400 m</b>	2 mn 25.5 s	2 mn 14.3 s	2 mn 4.7 s	1 mn 56.4 s	1 mn 49.1 s	1 mn 42.7 s
<b>500 m</b>	3 mn 1.8 s	2 mn 47.8 s	2 mn 35.8 s	2 mn 25.5 s	2 mn 16.4 s	2 mn 8.3 s
<b>600 m</b>	3 mn 38.2 s	3 mn 21.4 s	3 mn 7 s	2 mn 54.5 s	2 mn 43.6 s	2 mn 34 s
<b>800 m</b>	4 mn 50.9 s	4 mn 28.5 s	4 mn 9.4 s	3 mn 52.7 s	3 mn 38.2 s	3 mn 25.3 s
<b>1000 m</b>	6 mn 3.6 s	5 mn 35.7 s	5 mn 11.7 s	4 mn 50.9 s	4 mn 32.7 s	4 mn 16.7 s
<b>1200 m</b>	7 mn 16.4 s	6 mn 42.8 s	6 mn 14 s	5 mn 49.1 s	5 mn 27.3 s	5 mn 8 s
<b>1500 m</b>	9 mn 5.5 s	8 mn 23.5 s	7 mn 47.5 s	7 mn 16.4 s	6 mn 49.1 s	6 mn 25 s
<b>2000 m</b>	12 mn 7.3 s	11 mn 11.3 s	10 mn 23.4 s	9 mn 41.8 s	9 mn 5.5 s	8 mn 33.4 s
<b>3000 m</b>	18 mn 10.9 s	16 mn 47 s	15 mn 35.1 s	14 mn 32.7 s	13 mn 38.2 s	12 mn 50.1 s

Distance	90%	95%	100%	105%	110%	115%
100 m	24.2 s	23 s	21.8 s	20.8 s	19.8 s	19 s
200 m	48.5 s	45.9 s	43.6 s	41.6 s	39.7 s	37.9 s
300 m	1 mn 12.7 s	1 mn 8.9 s	1 mn 5.5 s	1 mn 2.3 s	59.5 s	56.9 s
400 m	1 mn 37 s	1 mn 31.9 s	1 mn 27.3 s	1 mn 23.1 s	1 mn 19.3 s	1 mn 15.9 s
500 m	2 mn 1.2 s	1 mn 54.8 s	1 mn 49.1 s	1 mn 43.9 s	1 mn 39.2 s	1 mn 34.9 s
600 m	2 mn 25.5 s	2 mn 17.8 s	2 mn 10.9 s	2 mn 4.7 s	1 mn 59 s	1 mn 53.8 s
800 m	3 mn 13.9 s	3 mn 3.7 s	2 mn 54.5 s	2 mn 46.2 s	2 mn 38.7 s	2 mn 31.8 s
1000 m	4 mn 2.4 s	3 mn 49.7 s	3 mn 38.2 s	3 mn 27.8 s	3 mn 18.3 s	3 mn 9.7 s
1200 m	4 mn 50.9 s	4 mn 35.6 s	4 mn 21.8 s	4 mn 9.4 s	3 mn 58 s	3 mn 47.7 s
1500 m	6 mn 3.6 s	5 mn 44.5 s	5 mn 27.3 s	5 mn 11.7 s	4 mn 57.5 s	4 mn 44.6 s
2000 m	8 mn 4.8 s	7 mn 39.3 s	7 mn 16.4 s	6 mn 55.6 s	6 mn 36.7 s	6 mn 19.4 s
3000 m	12 mn 7.3 s	11 mn 29 s	10 mn 54.5 s	10 mn 23.4 s	9 mn 55 s	9 mn 29.2 s

## Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	82.5 m	89.4 m	96.3 m	103.1 m	110 m	116.9 m
45"	123.8 m	134.1 m	144.4 m	154.7 m	165 m	175.3 m
1'	165 m	178.8 m	192.5 m	206.3 m	220 m	233.8 m
1'15	206.3 m	223.4 m	240.6 m	257.8 m	275 m	292.2 m
1'30	247.5 m	268.1 m	288.8 m	309.4 m	330 m	350.6 m
2'	330 m	357.5 m	385 m	412.5 m	440 m	467.5 m
2'30	412.5 m	446.9 m	481.3 m	515.6 m	550 m	584.4 m
3'	495 m	536.3 m	577.5 m	618.8 m	660 m	701.3 m
4'	660 m	715 m	770 m	825 m	880 m	935 m
5'	825 m	893.8 m	962.5 m	1031.3 m	1100 m	1168.8 m
10'	1650 m	1787.5 m	1925 m	2062.5 m	2200 m	2337.5 m
15'	2475 m	2681.3 m	2887.5 m	3093.8 m	3300 m	3506.3 m

Temps	90%	95%	100%	105%	110%	115%
30"	123.8 m	130.6 m	137.5 m	144.4 m	151.3 m	158.1 m
45"	185.6 m	195.9 m	206.3 m	216.6 m	226.9 m	237.2 m
1'	247.5 m	261.3 m	275 m	288.8 m	302.5 m	316.3 m
1'15	309.4 m	326.6 m	343.8 m	360.9 m	378.1 m	395.3 m
1'30	371.3 m	391.9 m	412.5 m	433.1 m	453.8 m	474.4 m
2'	495 m	522.5 m	550 m	577.5 m	605 m	632.5 m
2'30	618.8 m	653.1 m	687.5 m	721.9 m	756.3 m	790.6 m
3'	742.5 m	783.8 m	825 m	866.3 m	907.5 m	948.8 m
4'	990 m	1045 m	1100 m	1155 m	1210 m	1265 m
5'	1237.5 m	1306.3 m	1375 m	1443.8 m	1512.5 m	1581.3 m
10'	2475 m	2612.5 m	2750 m	2887.5 m	3025 m	3162.5 m
15'	3712.5 m	3918.8 m	4125 m	4331.3 m	4537.5 m	4743.8 m