

S'entraîner avec la VMA

Saisissez votre VMA et vous pourrez préparer votre entraînement en fonction de l'intensité voulue.

km/h

Calculer

Réinitialiser

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 %	17.9 s	2 mn 58.9 s	167.7 m	20.13
110 %	18.7 s	3 mn 7 s	160.4 m	19.25
105 %	19.6 s	3 mn 15.9 s	153.1 m	18.38
100 %	20.6 s	3 mn 25.7 s	145.8 m	17.5
95 %	21.7 s	3 mn 36.5 s	138.5 m	16.63
90 %	22.9 s	3 mn 48.6 s	131.2 m	15.75
85 %	24.2 s	4 mn 2 s	124 m	14.88
80 %	25.7 s	4 mn 17.1 s	116.7 m	14

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	34.3 s	31.6 s	29.4 s	27.4 s	25.7 s	24.2 s
200 m	1 mn 8.6 s	1 mn 3.3 s	58.8 s	54.9 s	51.4 s	48.4 s
300 m	1 mn 42.9 s	1 mn 34.9 s	1 mn 28.2 s	1 mn 22.3 s	1 mn 17.1 s	1 mn 12.6 s
400 m	2 mn 17.1 s	2 mn 6.6 s	1 mn 57.6 s	1 mn 49.7 s	1 mn 42.9 s	1 mn 36.8 s
500 m	2 mn 51.4 s	2 mn 38.2 s	2 mn 26.9 s	2 mn 17.1 s	2 mn 8.6 s	2 mn 1 s
600 m	3 mn 25.7 s	3 mn 9.9 s	2 mn 56.3 s	2 mn 44.6 s	2 mn 34.3 s	2 mn 25.2 s
800 m	4 mn 34.3 s	4 mn 13.2 s	3 mn 55.1 s	3 mn 39.4 s	3 mn 25.7 s	3 mn 13.6 s
1000 m	5 mn 42.9 s	5 mn 16.5 s	4 mn 53.9 s	4 mn 34.3 s	4 mn 17.1 s	4 mn 2 s
1200 m	6 mn 51.4 s	6 mn 19.8 s	5 mn 52.7 s	5 mn 29.1 s	5 mn 8.6 s	4 mn 50.4 s
1500 m	8 mn 34.3 s	7 mn 54.7 s	7 mn 20.8 s	6 mn 51.4 s	6 mn 25.7 s	6 mn 3 s
2000 m	11 mn 25.7 s	10 mn 33 s	9 mn 47.8 s	9 mn 8.6 s	8 mn 34.3 s	8 mn 4 s
3000 m	17 mn 8.6 s	15 mn 49.5 s	14 mn 41.6 s	13 mn 42.9 s	12 mn 51.4 s	12 mn 6.1 s

Distance	90%	95%	100%	105%	110%	115%
100 m	22.9 s	21.7 s	20.6 s	19.6 s	18.7 s	17.9 s
200 m	45.7 s	43.3 s	41.1 s	39.2 s	37.4 s	35.8 s
300 m	1 mn 8.6 s	1 mn 5 s	1 mn 1.7 s	58.8 s	56.1 s	53.7 s
400 m	1 mn 31.4 s	1 mn 26.6 s	1 mn 22.3 s	1 mn 18.4 s	1 mn 14.8 s	1 mn 11.6 s
500 m	1 mn 54.3 s	1 mn 48.3 s	1 mn 42.9 s	1 mn 38 s	1 mn 33.5 s	1 mn 29.4 s
600 m	2 mn 17.1 s	2 mn 9.9 s	2 mn 3.4 s	1 mn 57.6 s	1 mn 52.2 s	1 mn 47.3 s
800 m	3 mn 2.9 s	2 mn 53.2 s	2 mn 44.6 s	2 mn 36.7 s	2 mn 29.6 s	2 mn 23.1 s
1000 m	3 mn 48.6 s	3 mn 36.5 s	3 mn 25.7 s	3 mn 15.9 s	3 mn 7 s	2 mn 58.9 s
1200 m	4 mn 34.3 s	4 mn 19.8 s	4 mn 6.9 s	3 mn 55.1 s	3 mn 44.4 s	3 mn 34.7 s
1500 m	5 mn 42.9 s	5 mn 24.8 s	5 mn 8.6 s	4 mn 53.9 s	4 mn 40.5 s	4 mn 28.3 s
2000 m	7 mn 37.1 s	7 mn 13.1 s	6 mn 51.4 s	6 mn 31.8 s	6 mn 14 s	5 mn 57.8 s
3000 m	11 mn 25.7 s	10 mn 49.6 s	10 mn 17.1 s	9 mn 47.8 s	9 mn 21 s	8 mn 56.6 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	87.5 m	94.8 m	102.1 m	109.4 m	116.7 m	124 m
45"	131.2 m	142.2 m	153.1 m	164.1 m	175 m	185.9 m
1'	175 m	189.6 m	204.2 m	218.7 m	233.3 m	247.9 m
1'15	218.8 m	237 m	255.2 m	273.4 m	291.7 m	309.9 m
1'30	262.5 m	284.4 m	306.2 m	328.1 m	350 m	371.9 m
2'	350 m	379.2 m	408.3 m	437.5 m	466.7 m	495.8 m
2'30	437.5 m	474 m	510.4 m	546.9 m	583.3 m	619.8 m
3'	525 m	568.7 m	612.5 m	656.2 m	700 m	743.7 m
4'	700 m	758.3 m	816.7 m	875 m	933.3 m	991.7 m
5'	875 m	947.9 m	1020.8 m	1093.8 m	1166.7 m	1239.6 m
10'	1750 m	1895.8 m	2041.7 m	2187.5 m	2333.3 m	2479.2 m
15'	2625 m	2843.8 m	3062.5 m	3281.3 m	3500 m	3718.8 m

Temps	90%	95%	100%	105%	110%	115%
30"	131.2 m	138.5 m	145.8 m	153.1 m	160.4 m	167.7 m
45"	196.9 m	207.8 m	218.7 m	229.7 m	240.6 m	251.6 m
1'	262.5 m	277.1 m	291.7 m	306.2 m	320.8 m	335.4 m
1'15	328.1 m	346.4 m	364.6 m	382.8 m	401 m	419.3 m
1'30	393.7 m	415.6 m	437.5 m	459.4 m	481.2 m	503.1 m
2'	525 m	554.2 m	583.3 m	612.5 m	641.7 m	670.8 m
2'30	656.3 m	692.7 m	729.2 m	765.6 m	802.1 m	838.5 m
3'	787.5 m	831.2 m	875 m	918.7 m	962.5 m	1006.2 m
4'	1050 m	1108.3 m	1166.7 m	1225 m	1283.3 m	1341.7 m
5'	1312.5 m	1385.4 m	1458.3 m	1531.3 m	1604.2 m	1677.1 m
10'	2625 m	2770.8 m	2916.7 m	3062.5 m	3208.3 m	3354.2 m
15'	3937.5 m	4156.3 m	4375 m	4593.8 m	4812.5 m	5031.3 m