

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) :	4 mn 51.5 s
Allure moyenne : 70 % VMA (temps au kilomètre) :	4 mn 30.7 s
Allure rapide : 80 % VMA (temps au kilomètre) :	3 mn 56.8 s

Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30''	km/h
115 %	16.5 s	2 mn 44.8 s	182.1 m	21.85
110 %	17.2 s	2 mn 52.2 s	174.2 m	20.9
105 %	18 s	3 mn 0.5 s	166.3 m	19.95
100 %	18.9 s	3 mn 9.5 s	158.3 m	19
95 %	19.9 s	3 mn 19.4 s	150.4 m	18.05
90 %	21.1 s	3 mn 30.5 s	142.5 m	17.1
85 %	22.3 s	3 mn 42.9 s	134.6 m	16.15
80 %	23.7 s	3 mn 56.8 s	126.7 m	15.2

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	31.6 s	29.1 s	27.1 s	25.3 s	23.7 s	22.3 s
200 m	1 mn 3.2 s	58.3 s	54.1 s	50.5 s	47.4 s	44.6 s
300 m	1 mn 34.7 s	1 mn 27.4 s	1 mn 21.2 s	1 mn 15.8 s	1 mn 11.1 s	1 mn 6.9 s
400 m	2 mn 6.3 s	1 mn 56.6 s	1 mn 48.3 s	1 mn 41.1 s	1 mn 34.7 s	1 mn 29.2 s
500 m	2 mn 37.9 s	2 mn 25.7 s	2 mn 15.3 s	2 mn 6.3 s	1 mn 58.4 s	1 mn 51.5 s
600 m	3 mn 9.5 s	2 mn 54.9 s	2 mn 42.4 s	2 mn 31.6 s	2 mn 22.1 s	2 mn 13.7 s
800 m	4 mn 12.6 s	3 mn 53.2 s	3 mn 36.5 s	3 mn 22.1 s	3 mn 9.5 s	2 mn 58.3 s
1000 m	5 mn 15.8 s	4 mn 51.5 s	4 mn 30.7 s	4 mn 12.6 s	3 mn 56.8 s	3 mn 42.9 s
1200 m	6 mn 18.9 s	5 mn 49.8 s	5 mn 24.8 s	5 mn 3.2 s	4 mn 44.2 s	4 mn 27.5 s
1500 m	7 mn 53.7 s	7 mn 17.2 s	6 mn 46 s	6 mn 18.9 s	5 mn 55.3 s	5 mn 34.4 s
2000 m	10 mn 31.6 s	9 mn 43 s	9 mn 1.4 s	8 mn 25.3 s	7 mn 53.7 s	7 mn 25.8 s
3000 m	15 mn 47.4 s	14 mn 34.5 s	13 mn 32 s	12 mn 37.9 s	11 mn 50.5 s	11 mn 8.7 s

Distance	90%	95%	100%	105%	110%	115%
100 m	21.1 s	19.9 s	18.9 s	18 s	17.2 s	16.5 s
200 m	42.1 s	39.9 s	37.9 s	36.1 s	34.4 s	33 s
300 m	1 mn 3.2 s	59.8 s	56.8 s	54.1 s	51.7 s	49.4 s
400 m	1 mn 24.2 s	1 mn 19.8 s	1 mn 15.8 s	1 mn 12.2 s	1 mn 8.9 s	1 mn 5.9 s
500 m	1 mn 45.3 s	1 mn 39.7 s	1 mn 34.7 s	1 mn 30.2 s	1 mn 26.1 s	1 mn 22.4 s
600 m	2 mn 6.3 s	1 mn 59.7 s	1 mn 53.7 s	1 mn 48.3 s	1 mn 43.3 s	1 mn 38.9 s
800 m	2 mn 48.4 s	2 mn 39.6 s	2 mn 31.6 s	2 mn 24.4 s	2 mn 17.8 s	2 mn 11.8 s
1000 m	3 mn 30.5 s	3 mn 19.4 s	3 mn 9.5 s	3 mn 0.5 s	2 mn 52.2 s	2 mn 44.8 s
1200 m	4 mn 12.6 s	3 mn 59.3 s	3 mn 47.4 s	3 mn 36.5 s	3 mn 26.7 s	3 mn 17.7 s
1500 m	5 mn 15.8 s	4 mn 59.2 s	4 mn 44.2 s	4 mn 30.7 s	4 mn 18.4 s	4 mn 7.1 s
2000 m	7 mn 1.1 s	6 mn 38.9 s	6 mn 18.9 s	6 mn 0.9 s	5 mn 44.5 s	5 mn 29.5 s
3000 m	10 mn 31.6 s	9 mn 58.3 s	9 mn 28.4 s	9 mn 1.4 s	8 mn 36.7 s	8 mn 14.3 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	95 m	102.9 m	110.8 m	118.8 m	126.7 m	134.6 m
45"	142.5 m	154.4 m	166.3 m	178.1 m	190 m	201.9 m
1'	190 m	205.8 m	221.7 m	237.5 m	253.3 m	269.2 m
1'15	237.5 m	257.3 m	277.1 m	296.9 m	316.7 m	336.5 m
1'30	285 m	308.8 m	332.5 m	356.3 m	380 m	403.8 m
2'	380 m	411.7 m	443.3 m	475 m	506.7 m	538.3 m
2'30	475 m	514.6 m	554.2 m	593.8 m	633.3 m	672.9 m
3'	570 m	617.5 m	665 m	712.5 m	760 m	807.5 m
4'	760 m	823.3 m	886.7 m	950 m	1013.3 m	1076.7 m
5'	950 m	1029.2 m	1108.3 m	1187.5 m	1266.7 m	1345.8 m
10'	1900 m	2058.3 m	2216.7 m	2375 m	2533.3 m	2691.7 m
15'	2850 m	3087.5 m	3325 m	3562.5 m	3800 m	4037.5 m

Temps	90%	95%	100%	105%	110%	115%
30"	142.5 m	150.4 m	158.3 m	166.3 m	174.2 m	182.1 m
45"	213.8 m	225.6 m	237.5 m	249.4 m	261.3 m	273.1 m
1'	285 m	300.8 m	316.7 m	332.5 m	348.3 m	364.2 m
1'15	356.3 m	376 m	395.8 m	415.6 m	435.4 m	455.2 m
1'30	427.5 m	451.3 m	475 m	498.8 m	522.5 m	546.3 m
2'	570 m	601.7 m	633.3 m	665 m	696.7 m	728.3 m
2'30	712.5 m	752.1 m	791.7 m	831.3 m	870.8 m	910.4 m
3'	855 m	902.5 m	950 m	997.5 m	1045 m	1092.5 m
4'	1140 m	1203.3 m	1266.7 m	1330 m	1393.3 m	1456.7 m
5'	1425 m	1504.2 m	1583.3 m	1662.5 m	1741.7 m	1820.8 m
10'	2850 m	3008.3 m	3166.7 m	3325 m	3483.3 m	3641.7 m
15'	4275 m	4512.5 m	4750 m	4987.5 m	5225 m	5462.5 m