

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 %	16.1 s	2 mn 40.5 s	186.9 m	22.43
110 %	16.8 s	2 mn 47.8 s	178.8 m	21.45
105 %	17.6 s	2 mn 55.8 s	170.6 m	20.48
100 %	18.5 s	3 mn 4.6 s	162.5 m	19.5
95 %	19.4 s	3 mn 14.3 s	154.4 m	18.53
90 %	20.5 s	3 mn 25.1 s	146.3 m	17.55
85 %	21.7 s	3 mn 37.2 s	138.1 m	16.58
80 %	23.1 s	3 mn 50.8 s	130 m	15.6

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	30.8 s	28.4 s	26.4 s	24.6 s	23.1 s	21.7 s
200 m	1 mn 1.5 s	56.8 s	52.7 s	49.2 s	46.2 s	43.4 s
300 m	1 mn 32.3 s	1 mn 25.2 s	1 mn 19.1 s	1 mn 13.8 s	1 mn 9.2 s	1 mn 5.2 s
400 m	2 mn 3.1 s	1 mn 53.6 s	1 mn 45.5 s	1 mn 38.5 s	1 mn 32.3 s	1 mn 26.9 s
500 m	2 mn 33.8 s	2 mn 22 s	2 mn 11.9 s	2 mn 3.1 s	1 mn 55.4 s	1 mn 48.6 s
600 m	3 mn 4.6 s	2 mn 50.4 s	2 mn 38.2 s	2 mn 27.7 s	2 mn 18.5 s	2 mn 10.3 s
800 m	4 mn 6.2 s	3 mn 47.2 s	3 mn 31 s	3 mn 16.9 s	3 mn 4.6 s	2 mn 53.8 s
1000 m	5 mn 7.7 s	4 mn 44 s	4 mn 23.7 s	4 mn 6.2 s	3 mn 50.8 s	3 mn 37.2 s
1200 m	6 mn 9.2 s	5 mn 40.8 s	5 mn 16.5 s	4 mn 55.4 s	4 mn 36.9 s	4 mn 20.6 s
1500 m	7 mn 41.5 s	7 mn 6 s	6 mn 35.6 s	6 mn 9.2 s	5 mn 46.2 s	5 mn 25.8 s
2000 m	10 mn 15.4 s	9 mn 28 s	8 mn 47.5 s	8 mn 12.3 s	7 mn 41.5 s	7 mn 14.4 s
3000 m	15 mn 23.1 s	14 mn 12.1 s	13 mn 11.2 s	12 mn 18.5 s	11 mn 32.3 s	10 mn 51.6 s

Distance	90%	95%	100%	105%	110%	115%
100 m	20.5 s	19.4 s	18.5 s	17.6 s	16.8 s	16.1 s
200 m	41 s	38.9 s	36.9 s	35.2 s	33.6 s	32.1 s
300 m	1 mn 1.5 s	58.3 s	55.4 s	52.7 s	50.3 s	48.2 s
400 m	1 mn 22.1 s	1 mn 17.7 s	1 mn 13.8 s	1 mn 10.3 s	1 mn 7.1 s	1 mn 4.2 s
500 m	1 mn 42.6 s	1 mn 37.2 s	1 mn 32.3 s	1 mn 27.9 s	1 mn 23.9 s	1 mn 20.3 s
600 m	2 mn 3.1 s	1 mn 56.6 s	1 mn 50.8 s	1 mn 45.5 s	1 mn 40.7 s	1 mn 36.3 s
800 m	2 mn 44.1 s	2 mn 35.5 s	2 mn 27.7 s	2 mn 20.7 s	2 mn 14.3 s	2 mn 8.4 s
1000 m	3 mn 25.1 s	3 mn 14.3 s	3 mn 4.6 s	2 mn 55.8 s	2 mn 47.8 s	2 mn 40.5 s
1200 m	4 mn 6.2 s	3 mn 53.2 s	3 mn 41.5 s	3 mn 31 s	3 mn 21.4 s	3 mn 12.6 s
1500 m	5 mn 7.7 s	4 mn 51.5 s	4 mn 36.9 s	4 mn 23.7 s	4 mn 11.7 s	4 mn 0.8 s
2000 m	6 mn 50.3 s	6 mn 28.7 s	6 mn 9.2 s	5 mn 51.6 s	5 mn 35.7 s	5 mn 21.1 s
3000 m	10 mn 15.4 s	9 mn 43 s	9 mn 13.8 s	8 mn 47.5 s	8 mn 23.5 s	8 mn 1.6 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	97.5 m	105.6 m	113.8 m	121.9 m	130 m	138.1 m
45"	146.3 m	158.4 m	170.6 m	182.8 m	195 m	207.2 m
1'	195 m	211.3 m	227.5 m	243.8 m	260 m	276.3 m
1'15	243.8 m	264.1 m	284.4 m	304.7 m	325 m	345.3 m
1'30	292.5 m	316.9 m	341.3 m	365.6 m	390 m	414.4 m
2'	390 m	422.5 m	455 m	487.5 m	520 m	552.5 m
2'30	487.5 m	528.1 m	568.8 m	609.4 m	650 m	690.6 m
3'	585 m	633.8 m	682.5 m	731.3 m	780 m	828.8 m
4'	780 m	845 m	910 m	975 m	1040 m	1105 m
5'	975 m	1056.3 m	1137.5 m	1218.8 m	1300 m	1381.3 m
10'	1950 m	2112.5 m	2275 m	2437.5 m	2600 m	2762.5 m
15'	2925 m	3168.8 m	3412.5 m	3656.3 m	3900 m	4143.8 m

Temps	90%	95%	100%	105%	110%	115%
30"	146.3 m	154.4 m	162.5 m	170.6 m	178.8 m	186.9 m
45"	219.4 m	231.6 m	243.8 m	255.9 m	268.1 m	280.3 m
1'	292.5 m	308.8 m	325 m	341.3 m	357.5 m	373.8 m
1'15	365.6 m	385.9 m	406.3 m	426.6 m	446.9 m	467.2 m
1'30	438.8 m	463.1 m	487.5 m	511.9 m	536.3 m	560.6 m
2'	585 m	617.5 m	650 m	682.5 m	715 m	747.5 m
2'30	731.3 m	771.9 m	812.5 m	853.1 m	893.8 m	934.4 m
3'	877.5 m	926.3 m	975 m	1023.8 m	1072.5 m	1121.3 m
4'	1170 m	1235 m	1300 m	1365 m	1430 m	1495 m
5'	1462.5 m	1543.8 m	1625 m	1706.3 m	1787.5 m	1868.8 m
10'	2925 m	3087.5 m	3250 m	3412.5 m	3575 m	3737.5 m
15'	4387.5 m	4631.3 m	4875 m	5118.8 m	5362.5 m	5606.3 m