

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) :	9 mn 13.8 s
Allure moyenne : 70 % VMA (temps au kilomètre) :	8 mn 34.3 s
Allure rapide : 80 % VMA (temps au kilomètre) :	7 mn 30 s

Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30"	km/h
115 %	31.3 s	5 mn 13 s	95.8 m	11.5
110 %	32.7 s	5 mn 27.3 s	91.7 m	11
105 %	34.3 s	5 mn 42.9 s	87.5 m	10.5
100 %	36 s	6 mn	83.3 m	10
95 %	37.9 s	6 mn 18.9 s	79.2 m	9.5
90 %	40 s	6 mn 40 s	75 m	9
85 %	42.4 s	7 mn 3.5 s	70.8 m	8.5
80 %	45 s	7 mn 30 s	66.7 m	8

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	1 mn	55.4 s	51.4 s	48 s	45 s	42.4 s
200 m	2 mn	1 mn 50.8 s	1 mn 42.9 s	1 mn 36 s	1 mn 30 s	1 mn 24.7 s
300 m	3 mn	2 mn 46.2 s	2 mn 34.3 s	2 mn 24 s	2 mn 15 s	2 mn 7.1 s
400 m	4 mn	3 mn 41.5 s	3 mn 25.7 s	3 mn 12 s	3 mn	2 mn 49.4 s
500 m	5 mn	4 mn 36.9 s	4 mn 17.1 s	4 mn	3 mn 45 s	3 mn 31.8 s
600 m	6 mn	5 mn 32.3 s	5 mn 8.6 s	4 mn 48 s	4 mn 30 s	4 mn 14.1 s
800 m	8 mn	7 mn 23.1 s	6 mn 51.4 s	6 mn 24 s	6 mn	5 mn 38.8 s
1000 m	10 mn	9 mn 13.8 s	8 mn 34.3 s	8 mn	7 mn 30 s	7 mn 3.5 s
1200 m	12 mn	11 mn 4.6 s	10 mn 17.1 s	9 mn 36 s	9 mn	8 mn 28.2 s
1500 m	15 mn	13 mn 50.8 s	12 mn 51.4 s	12 mn	11 mn 15 s	10 mn 35.3 s
2000 m	20 mn	18 mn 27.7 s	17 mn 8.6 s	16 mn	15 mn	14 mn 7.1 s
3000 m	30 mn	27 mn 41.5 s	25 mn 42.9 s	24 mn	22 mn 30 s	21 mn 10.6 s

Distance	90%	95%	100%	105%	110%	115%
100 m	40 s	37.9 s	36 s	34.3 s	32.7 s	31.3 s
200 m	1 mn 20 s	1 mn 15.8 s	1 mn 12 s	1 mn 8.6 s	1 mn 5.5 s	1 mn 2.6 s
300 m	2 mn	1 mn 53.7 s	1 mn 48 s	1 mn 42.9 s	1 mn 38.2 s	1 mn 33.9 s
400 m	2 mn 40 s	2 mn 31.6 s	2 mn 24 s	2 mn 17.1 s	2 mn 10.9 s	2 mn 5.2 s
500 m	3 mn 20 s	3 mn 9.5 s	3 mn	2 mn 51.4 s	2 mn 43.6 s	2 mn 36.5 s
600 m	4 mn	3 mn 47.4 s	3 mn 36 s	3 mn 25.7 s	3 mn 16.4 s	3 mn 7.8 s
800 m	5 mn 20 s	5 mn 3.2 s	4 mn 48 s	4 mn 34.3 s	4 mn 21.8 s	4 mn 10.4 s
1000 m	6 mn 40 s	6 mn 18.9 s	6 mn	5 mn 42.9 s	5 mn 27.3 s	5 mn 13 s
1200 m	8 mn	7 mn 34.7 s	7 mn 12 s	6 mn 51.4 s	6 mn 32.7 s	6 mn 15.7 s
1500 m	10 mn	9 mn 28.4 s	9 mn	8 mn 34.3 s	8 mn 10.9 s	7 mn 49.6 s
2000 m	13 mn 20 s	12 mn 37.9 s	12 mn	11 mn 25.7 s	10 mn 54.5 s	10 mn 26.1 s
3000 m	20 mn	18 mn 56.8 s	18 mn	17 mn 8.6 s	16 mn 21.8 s	15 mn 39.1 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	50 m	54.2 m	58.3 m	62.5 m	66.7 m	70.8 m
45"	75 m	81.3 m	87.5 m	93.8 m	100 m	106.3 m
1'	100 m	108.3 m	116.7 m	125 m	133.3 m	141.7 m
1'15	125 m	135.4 m	145.8 m	156.2 m	166.7 m	177.1 m
1'30	150 m	162.5 m	175 m	187.5 m	200 m	212.5 m
2'	200 m	216.7 m	233.3 m	250 m	266.7 m	283.3 m
2'30	250 m	270.8 m	291.7 m	312.5 m	333.3 m	354.2 m
3'	300 m	325 m	350 m	375 m	400 m	425 m
4'	400 m	433.3 m	466.7 m	500 m	533.3 m	566.7 m
5'	500 m	541.7 m	583.3 m	625 m	666.7 m	708.3 m
10'	1000 m	1083.3 m	1166.7 m	1250 m	1333.3 m	1416.7 m
15'	1500 m	1625 m	1750 m	1875 m	2000 m	2125 m

Temps	90%	95%	100%	105%	110%	115%
30"	75 m	79.2 m	83.3 m	87.5 m	91.7 m	95.8 m
45"	112.5 m	118.8 m	125 m	131.3 m	137.5 m	143.8 m
1'	150 m	158.3 m	166.7 m	175 m	183.3 m	191.7 m
1'15	187.5 m	197.9 m	208.3 m	218.7 m	229.2 m	239.6 m
1'30	225 m	237.5 m	250 m	262.5 m	275 m	287.5 m
2'	300 m	316.7 m	333.3 m	350 m	366.7 m	383.3 m
2'30	375 m	395.8 m	416.7 m	437.5 m	458.3 m	479.2 m
3'	450 m	475 m	500 m	525 m	550 m	575 m
4'	600 m	633.3 m	666.7 m	700 m	733.3 m	766.7 m
5'	750 m	791.7 m	833.3 m	875 m	916.7 m	958.3 m
10'	1500 m	1583.3 m	1666.7 m	1750 m	1833.3 m	1916.7 m
15'	2250 m	2375 m	2500 m	2625 m	2750 m	2875 m

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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 %	29.8 s	4 mn 58.1 s	100.6 m	12.08
110 %	31.2 s	5 mn 11.7 s	96.3 m	11.55
105 %	32.7 s	5 mn 26.5 s	91.9 m	11.03
100 %	34.3 s	5 mn 42.9 s	87.5 m	10.5
95 %	36.1 s	6 mn 0.9 s	83.1 m	9.98
90 %	38.1 s	6 mn 21 s	78.8 m	9.45
85 %	40.3 s	6 mn 43.4 s	74.4 m	8.93
80 %	42.9 s	7 mn 8.6 s	70 m	8.4

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	57.1 s	52.7 s	49 s	45.7 s	42.9 s	40.3 s
200 m	1 mn 54.3 s	1 mn 45.5 s	1 mn 38 s	1 mn 31.4 s	1 mn 25.7 s	1 mn 20.7 s
300 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
400 m	3 mn 48.6 s	3 mn 31 s	3 mn 15.9 s	3 mn 2.9 s	2 mn 51.4 s	2 mn 41.3 s
500 m	4 mn 45.7 s	4 mn 23.7 s	4 mn 4.9 s	3 mn 48.6 s	3 mn 34.3 s	3 mn 21.7 s
600 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
800 m	7 mn 37.1 s	7 mn 2 s	6 mn 31.8 s	6 mn 5.7 s	5 mn 42.9 s	5 mn 22.7 s
1000 m	9 mn 31.4 s	8 mn 47.5 s	8 mn 9.8 s	7 mn 37.1 s	7 mn 8.6 s	6 mn 43.4 s
1200 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
1500 m	14 mn 17.1 s	13 mn 11.2 s	12 mn 14.7 s	11 mn 25.7 s	10 mn 42.9 s	10 mn 5 s
2000 m	19 mn 2.9 s	17 mn 34.9 s	16 mn 19.6 s	15 mn 14.3 s	14 mn 17.1 s	13 mn 26.7 s
3000 m	28 mn 34.3 s	26 mn 22.4 s	24 mn 29.4 s	22 mn 51.4 s	21 mn 25.7 s	20 mn 10.1 s

Distance	90%	95%	100%	105%	110%	115%
100 m	38.1 s	36.1 s	34.3 s	32.7 s	31.2 s	29.8 s
200 m	1 mn 16.2 s	1 mn 12.2 s	1 mn 8.6 s	1 mn 5.3 s	1 mn 2.3 s	59.6 s
300 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
400 m	2 mn 32.4 s	2 mn 24.4 s	2 mn 17.1 s	2 mn 10.6 s	2 mn 4.7 s	1 mn 59.3 s
500 m	3 mn 10.5 s	3 mn 0.5 s	2 mn 51.4 s	2 mn 43.3 s	2 mn 35.8 s	2 mn 29.1 s
600 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
800 m	5 mn 4.8 s	4 mn 48.7 s	4 mn 34.3 s	4 mn 21.2 s	4 mn 9.4 s	3 mn 58.5 s
1000 m	6 mn 21 s	6 mn 0.9 s	5 mn 42.9 s	5 mn 26.5 s	5 mn 11.7 s	4 mn 58.1 s
1200 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
1500 m	9 mn 31.4 s	9 mn 1.4 s	8 mn 34.3 s	8 mn 9.8 s	7 mn 47.5 s	7 mn 27.2 s
2000 m	12 mn 41.9 s	12 mn 1.8 s	11 mn 25.7 s	10 mn 53.1 s	10 mn 23.4 s	9 mn 56.3 s
3000 m	19 mn 2.9 s	18 mn 2.7 s	17 mn 8.6 s	16 mn 19.6 s	15 mn 35.1 s	14 mn 54.4 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	52.5 m	56.9 m	61.3 m	65.6 m	70 m	74.4 m
45"	78.8 m	85.3 m	91.9 m	98.4 m	105 m	111.6 m
1'	105 m	113.8 m	122.5 m	131.3 m	140 m	148.8 m
1'15	131.3 m	142.2 m	153.1 m	164.1 m	175 m	185.9 m
1'30	157.5 m	170.6 m	183.8 m	196.9 m	210 m	223.1 m
2'	210 m	227.5 m	245 m	262.5 m	280 m	297.5 m
2'30	262.5 m	284.4 m	306.3 m	328.1 m	350 m	371.9 m
3'	315 m	341.3 m	367.5 m	393.8 m	420 m	446.3 m
4'	420 m	455 m	490 m	525 m	560 m	595 m
5'	525 m	568.8 m	612.5 m	656.3 m	700 m	743.8 m
10'	1050 m	1137.5 m	1225 m	1312.5 m	1400 m	1487.5 m
15'	1575 m	1706.3 m	1837.5 m	1968.8 m	2100 m	2231.3 m

Temps	90%	95%	100%	105%	110%	115%
30"	78.8 m	83.1 m	87.5 m	91.9 m	96.3 m	100.6 m
45"	118.1 m	124.7 m	131.3 m	137.8 m	144.4 m	150.9 m
1'	157.5 m	166.3 m	175 m	183.8 m	192.5 m	201.3 m
1'15	196.9 m	207.8 m	218.8 m	229.7 m	240.6 m	251.6 m
1'30	236.3 m	249.4 m	262.5 m	275.6 m	288.8 m	301.9 m
2'	315 m	332.5 m	350 m	367.5 m	385 m	402.5 m
2'30	393.8 m	415.6 m	437.5 m	459.4 m	481.3 m	503.1 m
3'	472.5 m	498.8 m	525 m	551.3 m	577.5 m	603.8 m
4'	630 m	665 m	700 m	735 m	770 m	805 m
5'	787.5 m	831.3 m	875 m	918.8 m	962.5 m	1006.3 m
10'	1575 m	1662.5 m	1750 m	1837.5 m	1925 m	2012.5 m
15'	2362.5 m	2493.8 m	2625 m	2756.3 m	2887.5 m	3018.8 m

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km/h

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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 %	28.5 s	4 mn 44.6 s	105.4 m	12.65
110 %	29.8 s	4 mn 57.5 s	100.8 m	12.1
105 %	31.2 s	5 mn 11.7 s	96.2 m	11.55
100 %	32.7 s	5 mn 27.3 s	91.7 m	11
95 %	34.4 s	5 mn 44.5 s	87.1 m	10.45
90 %	36.4 s	6 mn 3.6 s	82.5 m	9.9
85 %	38.5 s	6 mn 25 s	77.9 m	9.35
80 %	40.9 s	6 mn 49.1 s	73.3 m	8.8

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	54.5 s	50.3 s	46.8 s	43.6 s	40.9 s	38.5 s
200 m	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
300 m	2 mn 43.6 s	2 mn 31 s	2 mn 20.3 s	2 mn 10.9 s	2 mn 2.7 s	1 mn 55.5 s
400 m	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
500 m	4 mn 32.7 s	4 mn 11.7 s	3 mn 53.8 s	3 mn 38.2 s	3 mn 24.5 s	3 mn 12.5 s
600 m	5 mn 27.3 s	5 mn 2.1 s	4 mn 40.5 s	4 mn 21.8 s	4 mn 5.5 s	3 mn 51 s
800 m	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
1000 m	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
1200 m	10 mn 54.5 s	10 mn 4.2 s	9 mn 21 s	8 mn 43.6 s	8 mn 10.9 s	7 mn 42 s
1500 m	13 mn 38.2 s	12 mn 35.2 s	11 mn 41.3 s	10 mn 54.5 s	10 mn 13.6 s	9 mn 37.5 s
2000 m	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
3000 m	27 mn 16.4 s	25 mn 10.5 s	23 mn 22.6 s	21 mn 49.1 s	20 mn 27.3 s	19 mn 15.1 s

Distance	90%	95%	100%	105%	110%	115%
100 m	36.4 s	34.4 s	32.7 s	31.2 s	29.8 s	28.5 s
200 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
300 m	1 mn 49.1 s	1 mn 43.3 s	1 mn 38.2 s	1 mn 33.5 s	1 mn 29.3 s	1 mn 25.4 s
400 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
500 m	3 mn 1.8 s	2 mn 52.2 s	2 mn 43.6 s	2 mn 35.8 s	2 mn 28.8 s	2 mn 22.3 s
600 m	3 mn 38.2 s	3 mn 26.7 s	3 mn 16.4 s	3 mn 7 s	2 mn 58.5 s	2 mn 50.8 s
800 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
1000 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
1200 m	7 mn 16.4 s	6 mn 53.4 s	6 mn 32.7 s	6 mn 14 s	5 mn 57 s	5 mn 41.5 s
1500 m	9 mn 5.5 s	8 mn 36.7 s	8 mn 10.9 s	7 mn 47.5 s	7 mn 26.3 s	7 mn 6.9 s
2000 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
3000 m	18 mn 10.9 s	17 mn 13.5 s	16 mn 21.8 s	15 mn 35.1 s	14 mn 52.6 s	14 mn 13.8 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	55 m	59.6 m	64.2 m	68.7 m	73.3 m	77.9 m
45"	82.5 m	89.4 m	96.3 m	103.1 m	110 m	116.9 m
1'	110 m	119.2 m	128.3 m	137.5 m	146.7 m	155.8 m
1'15	137.5 m	149 m	160.4 m	171.9 m	183.3 m	194.8 m
1'30	165 m	178.8 m	192.5 m	206.3 m	220 m	233.8 m
2'	220 m	238.3 m	256.7 m	275 m	293.3 m	311.7 m
2'30	275 m	297.9 m	320.8 m	343.8 m	366.7 m	389.6 m
3'	330 m	357.5 m	385 m	412.5 m	440 m	467.5 m
4'	440 m	476.7 m	513.3 m	550 m	586.7 m	623.3 m
5'	550 m	595.8 m	641.7 m	687.5 m	733.3 m	779.2 m
10'	1100 m	1191.7 m	1283.3 m	1375 m	1466.7 m	1558.3 m
15'	1650 m	1787.5 m	1925 m	2062.5 m	2200 m	2337.5 m

Temps	90%	95%	100%	105%	110%	115%
30"	82.5 m	87.1 m	91.7 m	96.2 m	100.8 m	105.4 m
45"	123.8 m	130.6 m	137.5 m	144.4 m	151.3 m	158.1 m
1'	165 m	174.2 m	183.3 m	192.5 m	201.7 m	210.8 m
1'15	206.3 m	217.7 m	229.2 m	240.6 m	252.1 m	263.5 m
1'30	247.5 m	261.3 m	275 m	288.8 m	302.5 m	316.3 m
2'	330 m	348.3 m	366.7 m	385 m	403.3 m	421.7 m
2'30	412.5 m	435.4 m	458.3 m	481.3 m	504.2 m	527.1 m
3'	495 m	522.5 m	550 m	577.5 m	605 m	632.5 m
4'	660 m	696.7 m	733.3 m	770 m	806.7 m	843.3 m
5'	825 m	870.8 m	916.7 m	962.5 m	1008.3 m	1054.2 m
10'	1650 m	1741.7 m	1833.3 m	1925 m	2016.7 m	2108.3 m
15'	2475 m	2612.5 m	2750 m	2887.5 m	3025 m	3162.5 m

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km/h

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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 %	27.2 s	4 mn 32.2 s	110.2 m	13.23
110 %	28.5 s	4 mn 44.6 s	105.4 m	12.65
105 %	29.8 s	4 mn 58.1 s	100.6 m	12.08
100 %	31.3 s	5 mn 13 s	95.8 m	11.5
95 %	33 s	5 mn 29.5 s	91 m	10.93
90 %	34.8 s	5 mn 47.8 s	86.3 m	10.35
85 %	36.8 s	6 mn 8.3 s	81.5 m	9.78
80 %	39.1 s	6 mn 31.3 s	76.7 m	9.2

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	52.2 s	48.2 s	44.7 s	41.7 s	39.1 s	36.8 s
200 m	1 mn 44.3 s	1 mn 36.3 s	1 mn 29.4 s	1 mn 23.5 s	1 mn 18.3 s	1 mn 13.7 s
300 m	2 mn 36.5 s	2 mn 24.5 s	2 mn 14.2 s	2 mn 5.2 s	1 mn 57.4 s	1 mn 50.5 s
400 m	3 mn 28.7 s	3 mn 12.6 s	2 mn 58.9 s	2 mn 47 s	2 mn 36.5 s	2 mn 27.3 s
500 m	4 mn 20.9 s	4 mn 0.8 s	3 mn 43.6 s	3 mn 28.7 s	3 mn 15.7 s	3 mn 4.1 s
600 m	5 mn 13 s	4 mn 49 s	4 mn 28.3 s	4 mn 10.4 s	3 mn 54.8 s	3 mn 41 s
800 m	6 mn 57.4 s	6 mn 25.3 s	5 mn 57.8 s	5 mn 33.9 s	5 mn 13 s	4 mn 54.6 s
1000 m	8 mn 41.7 s	8 mn 1.6 s	7 mn 27.2 s	6 mn 57.4 s	6 mn 31.3 s	6 mn 8.3 s
1200 m	10 mn 26.1 s	9 mn 37.9 s	8 mn 56.6 s	8 mn 20.9 s	7 mn 49.6 s	7 mn 21.9 s
1500 m	13 mn 2.6 s	12 mn 2.4 s	11 mn 10.8 s	10 mn 26.1 s	9 mn 47 s	9 mn 12.4 s
2000 m	17 mn 23.5 s	16 mn 3.2 s	14 mn 54.4 s	13 mn 54.8 s	13 mn 2.6 s	12 mn 16.6 s
3000 m	26 mn 5.2 s	24 mn 4.8 s	22 mn 21.6 s	20 mn 52.2 s	19 mn 33.9 s	18 mn 24.9 s

Distance	90%	95%	100%	105%	110%	115%
100 m	34.8 s	33 s	31.3 s	29.8 s	28.5 s	27.2 s
200 m	1 mn 9.6 s	1 mn 5.9 s	1 mn 2.6 s	59.6 s	56.9 s	54.4 s
300 m	1 mn 44.3 s	1 mn 38.9 s	1 mn 33.9 s	1 mn 29.4 s	1 mn 25.4 s	1 mn 21.7 s
400 m	2 mn 19.1 s	2 mn 11.8 s	2 mn 5.2 s	1 mn 59.3 s	1 mn 53.8 s	1 mn 48.9 s
500 m	2 mn 53.9 s	2 mn 44.8 s	2 mn 36.5 s	2 mn 29.1 s	2 mn 22.3 s	2 mn 16.1 s
600 m	3 mn 28.7 s	3 mn 17.7 s	3 mn 7.8 s	2 mn 58.9 s	2 mn 50.8 s	2 mn 43.3 s
800 m	4 mn 38.3 s	4 mn 23.6 s	4 mn 10.4 s	3 mn 58.5 s	3 mn 47.7 s	3 mn 37.8 s
1000 m	5 mn 47.8 s	5 mn 29.5 s	5 mn 13 s	4 mn 58.1 s	4 mn 44.6 s	4 mn 32.2 s
1200 m	6 mn 57.4 s	6 mn 35.4 s	6 mn 15.7 s	5 mn 57.8 s	5 mn 41.5 s	5 mn 26.7 s
1500 m	8 mn 41.7 s	8 mn 14.3 s	7 mn 49.6 s	7 mn 27.2 s	7 mn 6.9 s	6 mn 48.3 s
2000 m	11 mn 35.7 s	10 mn 59 s	10 mn 26.1 s	9 mn 56.3 s	9 mn 29.2 s	9 mn 4.4 s
3000 m	17 mn 23.5 s	16 mn 28.6 s	15 mn 39.1 s	14 mn 54.4 s	14 mn 13.8 s	13 mn 36.6 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	57.5 m	62.3 m	67.1 m	71.9 m	76.7 m	81.5 m
45"	86.3 m	93.4 m	100.6 m	107.8 m	115 m	122.2 m
1'	115 m	124.6 m	134.2 m	143.8 m	153.3 m	162.9 m
1'15	143.8 m	155.7 m	167.7 m	179.7 m	191.7 m	203.6 m
1'30	172.5 m	186.9 m	201.3 m	215.6 m	230 m	244.4 m
2'	230 m	249.2 m	268.3 m	287.5 m	306.7 m	325.8 m
2'30	287.5 m	311.5 m	335.4 m	359.4 m	383.3 m	407.3 m
3'	345 m	373.8 m	402.5 m	431.3 m	460 m	488.8 m
4'	460 m	498.3 m	536.7 m	575 m	613.3 m	651.7 m
5'	575 m	622.9 m	670.8 m	718.8 m	766.7 m	814.6 m
10'	1150 m	1245.8 m	1341.7 m	1437.5 m	1533.3 m	1629.2 m
15'	1725 m	1868.8 m	2012.5 m	2156.3 m	2300 m	2443.8 m

Temps	90%	95%	100%	105%	110%	115%
30"	86.3 m	91 m	95.8 m	100.6 m	105.4 m	110.2 m
45"	129.4 m	136.6 m	143.8 m	150.9 m	158.1 m	165.3 m
1'	172.5 m	182.1 m	191.7 m	201.3 m	210.8 m	220.4 m
1'15	215.6 m	227.6 m	239.6 m	251.6 m	263.5 m	275.5 m
1'30	258.8 m	273.1 m	287.5 m	301.9 m	316.3 m	330.6 m
2'	345 m	364.2 m	383.3 m	402.5 m	421.7 m	440.8 m
2'30	431.3 m	455.2 m	479.2 m	503.1 m	527.1 m	551 m
3'	517.5 m	546.3 m	575 m	603.8 m	632.5 m	661.3 m
4'	690 m	728.3 m	766.7 m	805 m	843.3 m	881.7 m
5'	862.5 m	910.4 m	958.3 m	1006.3 m	1054.2 m	1102.1 m
10'	1725 m	1820.8 m	1916.7 m	2012.5 m	2108.3 m	2204.2 m
15'	2587.5 m	2731.3 m	2875 m	3018.8 m	3162.5 m	3306.3 m

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 %	26.1 s	4 mn 20.9 s	115 m	13.8
110 %	27.3 s	4 mn 32.7 s	110 m	13.2
105 %	28.6 s	4 mn 45.7 s	105 m	12.6
100 %	30 s	5 mn	100 m	12
95 %	31.6 s	5 mn 15.8 s	95 m	11.4
90 %	33.3 s	5 mn 33.3 s	90 m	10.8
85 %	35.3 s	5 mn 52.9 s	85 m	10.2
80 %	37.5 s	6 mn 15 s	80 m	9.6

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	50 s	46.2 s	42.9 s	40 s	37.5 s	35.3 s
200 m	1 mn 40 s	1 mn 32.3 s	1 mn 25.7 s	1 mn 20 s	1 mn 15 s	1 mn 10.6 s
300 m	2 mn 30 s	2 mn 18.5 s	2 mn 8.6 s	2 mn	1 mn 52.5 s	1 mn 45.9 s
400 m	3 mn 20 s	3 mn 4.6 s	2 mn 51.4 s	2 mn 40 s	2 mn 30 s	2 mn 21.2 s
500 m	4 mn 10 s	3 mn 50.8 s	3 mn 34.3 s	3 mn 20 s	3 mn 7.5 s	2 mn 56.5 s
600 m	5 mn	4 mn 36.9 s	4 mn 17.1 s	4 mn	3 mn 45 s	3 mn 31.8 s
800 m	6 mn 40 s	6 mn 9.2 s	5 mn 42.9 s	5 mn 20 s	5 mn	4 mn 42.4 s
1000 m	8 mn 20 s	7 mn 41.5 s	7 mn 8.6 s	6 mn 40 s	6 mn 15 s	5 mn 52.9 s
1200 m	10 mn	9 mn 13.8 s	8 mn 34.3 s	8 mn	7 mn 30 s	7 mn 3.5 s
1500 m	12 mn 30 s	11 mn 32.3 s	10 mn 42.9 s	10 mn	9 mn 22.5 s	8 mn 49.4 s
2000 m	16 mn 40 s	15 mn 23.1 s	14 mn 17.1 s	13 mn 20 s	12 mn 30 s	11 mn 45.9 s
3000 m	25 mn	23 mn 4.6 s	21 mn 25.7 s	20 mn	18 mn 45 s	17 mn 38.8 s

Distance	90%	95%	100%	105%	110%	115%
100 m	33.3 s	31.6 s	30 s	28.6 s	27.3 s	26.1 s
200 m	1 mn 6.7 s	1 mn 3.2 s	1 mn	57.1 s	54.5 s	52.2 s
300 m	1 mn 40 s	1 mn 34.7 s	1 mn 30 s	1 mn 25.7 s	1 mn 21.8 s	1 mn 18.3 s
400 m	2 mn 13.3 s	2 mn 6.3 s	2 mn	1 mn 54.3 s	1 mn 49.1 s	1 mn 44.3 s
500 m	2 mn 46.7 s	2 mn 37.9 s	2 mn 30 s	2 mn 22.9 s	2 mn 16.4 s	2 mn 10.4 s
600 m	3 mn 20 s	3 mn 9.5 s	3 mn	2 mn 51.4 s	2 mn 43.6 s	2 mn 36.5 s
800 m	4 mn 26.7 s	4 mn 12.6 s	4 mn	3 mn 48.6 s	3 mn 38.2 s	3 mn 28.7 s
1000 m	5 mn 33.3 s	5 mn 15.8 s	5 mn	4 mn 45.7 s	4 mn 32.7 s	4 mn 20.9 s
1200 m	6 mn 40 s	6 mn 18.9 s	6 mn	5 mn 42.9 s	5 mn 27.3 s	5 mn 13 s
1500 m	8 mn 20 s	7 mn 53.7 s	7 mn 30 s	7 mn 8.6 s	6 mn 49.1 s	6 mn 31.3 s
2000 m	11 mn 6.7 s	10 mn 31.6 s	10 mn	9 mn 31.4 s	9 mn 5.5 s	8 mn 41.7 s
3000 m	16 mn 40 s	15 mn 47.4 s	15 mn	14 mn 17.1 s	13 mn 38.2 s	13 mn 2.6 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	60 m	65 m	70 m	75 m	80 m	85 m
45"	90 m	97.5 m	105 m	112.5 m	120 m	127.5 m
1'	120 m	130 m	140 m	150 m	160 m	170 m
1'15	150 m	162.5 m	175 m	187.5 m	200 m	212.5 m
1'30	180 m	195 m	210 m	225 m	240 m	255 m
2'	240 m	260 m	280 m	300 m	320 m	340 m
2'30	300 m	325 m	350 m	375 m	400 m	425 m
3'	360 m	390 m	420 m	450 m	480 m	510 m
4'	480 m	520 m	560 m	600 m	640 m	680 m
5'	600 m	650 m	700 m	750 m	800 m	850 m
10'	1200 m	1300 m	1400 m	1500 m	1600 m	1700 m
15'	1800 m	1950 m	2100 m	2250 m	2400 m	2550 m

Temps	90%	95%	100%	105%	110%	115%
30"	90 m	95 m	100 m	105 m	110 m	115 m
45"	135 m	142.5 m	150 m	157.5 m	165 m	172.5 m
1'	180 m	190 m	200 m	210 m	220 m	230 m
1'15	225 m	237.5 m	250 m	262.5 m	275 m	287.5 m
1'30	270 m	285 m	300 m	315 m	330 m	345 m
2'	360 m	380 m	400 m	420 m	440 m	460 m
2'30	450 m	475 m	500 m	525 m	550 m	575 m
3'	540 m	570 m	600 m	630 m	660 m	690 m
4'	720 m	760 m	800 m	840 m	880 m	920 m
5'	900 m	950 m	1000 m	1050 m	1100 m	1150 m
10'	1800 m	1900 m	2000 m	2100 m	2200 m	2300 m
15'	2700 m	2850 m	3000 m	3150 m	3300 m	3450 m

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 %	25 s	4 mn 10.4 s	119.8 m	14.38
110 %	26.2 s	4 mn 21.8 s	114.6 m	13.75
105 %	27.4 s	4 mn 34.3 s	109.4 m	13.13
100 %	28.8 s	4 mn 48 s	104.2 m	12.5
95 %	30.3 s	5 mn 3.2 s	99 m	11.88
90 %	32 s	5 mn 20 s	93.8 m	11.25
85 %	33.9 s	5 mn 38.8 s	88.5 m	10.63
80 %	36 s	6 mn	83.3 m	10

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	48 s	44.3 s	41.1 s	38.4 s	36 s	33.9 s
200 m	1 mn 36 s	1 mn 28.6 s	1 mn 22.3 s	1 mn 16.8 s	1 mn 12 s	1 mn 7.8 s
300 m	2 mn 24 s	2 mn 12.9 s	2 mn 3.4 s	1 mn 55.2 s	1 mn 48 s	1 mn 41.6 s
400 m	3 mn 12 s	2 mn 57.2 s	2 mn 44.6 s	2 mn 33.6 s	2 mn 24 s	2 mn 15.5 s
500 m	4 mn	3 mn 41.5 s	3 mn 25.7 s	3 mn 12 s	3 mn	2 mn 49.4 s
600 m	4 mn 48 s	4 mn 25.8 s	4 mn 6.9 s	3 mn 50.4 s	3 mn 36 s	3 mn 23.3 s
800 m	6 mn 24 s	5 mn 54.5 s	5 mn 29.1 s	5 mn 7.2 s	4 mn 48 s	4 mn 31.1 s
1000 m	8 mn	7 mn 23.1 s	6 mn 51.4 s	6 mn 24 s	6 mn	5 mn 38.8 s
1200 m	9 mn 36 s	8 mn 51.7 s	8 mn 13.7 s	7 mn 40.8 s	7 mn 12 s	6 mn 46.6 s
1500 m	12 mn	11 mn 4.6 s	10 mn 17.1 s	9 mn 36 s	9 mn	8 mn 28.2 s
2000 m	16 mn	14 mn 46.2 s	13 mn 42.9 s	12 mn 48 s	12 mn	11 mn 17.6 s
3000 m	24 mn	22 mn 9.2 s	20 mn 34.3 s	19 mn 12 s	18 mn	16 mn 56.5 s

Distance	90%	95%	100%	105%	110%	115%
100 m	32 s	30.3 s	28.8 s	27.4 s	26.2 s	25 s
200 m	1 mn 4 s	1 mn 0.6 s	57.6 s	54.9 s	52.4 s	50.1 s
300 m	1 mn 36 s	1 mn 30.9 s	1 mn 26.4 s	1 mn 22.3 s	1 mn 18.5 s	1 mn 15.1 s
400 m	2 mn 8 s	2 mn 1.3 s	1 mn 55.2 s	1 mn 49.7 s	1 mn 44.7 s	1 mn 40.2 s
500 m	2 mn 40 s	2 mn 31.6 s	2 mn 24 s	2 mn 17.1 s	2 mn 10.9 s	2 mn 5.2 s
600 m	3 mn 12 s	3 mn 1.9 s	2 mn 52.8 s	2 mn 44.6 s	2 mn 37.1 s	2 mn 30.3 s
800 m	4 mn 16 s	4 mn 2.5 s	3 mn 50.4 s	3 mn 39.4 s	3 mn 29.5 s	3 mn 20.3 s
1000 m	5 mn 20 s	5 mn 3.2 s	4 mn 48 s	4 mn 34.3 s	4 mn 21.8 s	4 mn 10.4 s
1200 m	6 mn 24 s	6 mn 3.8 s	5 mn 45.6 s	5 mn 29.1 s	5 mn 14.2 s	5 mn 0.5 s
1500 m	8 mn	7 mn 34.7 s	7 mn 12 s	6 mn 51.4 s	6 mn 32.7 s	6 mn 15.7 s
2000 m	10 mn 40 s	10 mn 6.3 s	9 mn 36 s	9 mn 8.6 s	8 mn 43.6 s	8 mn 20.9 s
3000 m	16 mn	15 mn 9.5 s	14 mn 24 s	13 mn 42.9 s	13 mn 5.5 s	12 mn 31.3 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	62.5 m	67.7 m	72.9 m	78.1 m	83.3 m	88.5 m
45"	93.8 m	101.6 m	109.4 m	117.2 m	125 m	132.8 m
1'	125 m	135.4 m	145.8 m	156.3 m	166.7 m	177.1 m
1'15	156.3 m	169.3 m	182.3 m	195.3 m	208.3 m	221.4 m
1'30	187.5 m	203.1 m	218.8 m	234.4 m	250 m	265.6 m
2'	250 m	270.8 m	291.7 m	312.5 m	333.3 m	354.2 m
2'30	312.5 m	338.5 m	364.6 m	390.6 m	416.7 m	442.7 m
3'	375 m	406.3 m	437.5 m	468.8 m	500 m	531.3 m
4'	500 m	541.7 m	583.3 m	625 m	666.7 m	708.3 m
5'	625 m	677.1 m	729.2 m	781.3 m	833.3 m	885.4 m
10'	1250 m	1354.2 m	1458.3 m	1562.5 m	1666.7 m	1770.8 m
15'	1875 m	2031.3 m	2187.5 m	2343.8 m	2500 m	2656.3 m

Temps	90%	95%	100%	105%	110%	115%
30"	93.8 m	99 m	104.2 m	109.4 m	114.6 m	119.8 m
45"	140.6 m	148.4 m	156.3 m	164.1 m	171.9 m	179.7 m
1'	187.5 m	197.9 m	208.3 m	218.8 m	229.2 m	239.6 m
1'15	234.4 m	247.4 m	260.4 m	273.4 m	286.5 m	299.5 m
1'30	281.3 m	296.9 m	312.5 m	328.1 m	343.8 m	359.4 m
2'	375 m	395.8 m	416.7 m	437.5 m	458.3 m	479.2 m
2'30	468.8 m	494.8 m	520.8 m	546.9 m	572.9 m	599 m
3'	562.5 m	593.8 m	625 m	656.3 m	687.5 m	718.8 m
4'	750 m	791.7 m	833.3 m	875 m	916.7 m	958.3 m
5'	937.5 m	989.6 m	1041.7 m	1093.8 m	1145.8 m	1197.9 m
10'	1875 m	1979.2 m	2083.3 m	2187.5 m	2291.7 m	2395.8 m
15'	2812.5 m	2968.8 m	3125 m	3281.3 m	3437.5 m	3593.8 m

S'entraîner avec la VMA

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

13 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 %	24.1 s	4 mn 0.8 s	124.6 m	14.95
110 %	25.2 s	4 mn 11.7 s	119.2 m	14.3
105 %	26.4 s	4 mn 23.7 s	113.8 m	13.65
100 %	27.7 s	4 mn 36.9 s	108.3 m	13
95 %	29.1 s	4 mn 51.5 s	102.9 m	12.35
90 %	30.8 s	5 mn 7.7 s	97.5 m	11.7
85 %	32.6 s	5 mn 25.8 s	92.1 m	11.05
80 %	34.6 s	5 mn 46.2 s	86.7 m	10.4

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	46.2 s	42.6 s	39.6 s	36.9 s	34.6 s	32.6 s
200 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
300 m	2 mn 18.5 s	2 mn 7.8 s	1 mn 58.7 s	1 mn 50.8 s	1 mn 43.8 s	1 mn 37.7 s
400 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
500 m	3 mn 50.8 s	3 mn 33 s	3 mn 17.8 s	3 mn 4.6 s	2 mn 53.1 s	2 mn 42.9 s
600 m	4 mn 36.9 s	4 mn 15.6 s	3 mn 57.4 s	3 mn 41.5 s	3 mn 27.7 s	3 mn 15.5 s
800 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
1000 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
1200 m	9 mn 13.8 s	8 mn 31.2 s	7 mn 54.7 s	7 mn 23.1 s	6 mn 55.4 s	6 mn 31 s
1500 m	11 mn 32.3 s	10 mn 39.1 s	9 mn 53.4 s	9 mn 13.8 s	8 mn 39.2 s	8 mn 8.7 s
2000 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
3000 m	23 mn 4.6 s	21 mn 18.1 s	19 mn 46.8 s	18 mn 27.7 s	17 mn 18.5 s	16 mn 17.4 s

Distance	90%	95%	100%	105%	110%	115%
100 m	30.8 s	29.1 s	27.7 s	26.4 s	25.2 s	24.1 s
200 m	1 mn 1.5 s	58.3 s	55.4 s	52.7 s	50.3 s	48.2 s
300 m	1 mn 32.3 s	1 mn 27.4 s	1 mn 23.1 s	1 mn 19.1 s	1 mn 15.5 s	1 mn 12.2 s
400 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
500 m	2 mn 33.8 s	2 mn 25.7 s	2 mn 18.5 s	2 mn 11.9 s	2 mn 5.9 s	2 mn 0.4 s
600 m	3 mn 4.6 s	2 mn 54.9 s	2 mn 46.2 s	2 mn 38.2 s	2 mn 31 s	2 mn 24.5 s
800 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
1000 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
1200 m	6 mn 9.2 s	5 mn 49.8 s	5 mn 32.3 s	5 mn 16.5 s	5 mn 2.1 s	4 mn 49 s
1500 m	7 mn 41.5 s	7 mn 17.2 s	6 mn 55.4 s	6 mn 35.6 s	6 mn 17.6 s	6 mn 1.2 s
2000 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
3000 m	15 mn 23.1 s	14 mn 34.5 s	13 mn 50.8 s	13 mn 11.2 s	12 mn 35.2 s	12 mn 2.4 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	65 m	70.4 m	75.8 m	81.3 m	86.7 m	92.1 m
45"	97.5 m	105.6 m	113.8 m	121.9 m	130 m	138.1 m
1'	130 m	140.8 m	151.7 m	162.5 m	173.3 m	184.2 m
1'15	162.5 m	176 m	189.6 m	203.1 m	216.7 m	230.2 m
1'30	195 m	211.3 m	227.5 m	243.8 m	260 m	276.3 m
2'	260 m	281.7 m	303.3 m	325 m	346.7 m	368.3 m
2'30	325 m	352.1 m	379.2 m	406.3 m	433.3 m	460.4 m
3'	390 m	422.5 m	455 m	487.5 m	520 m	552.5 m
4'	520 m	563.3 m	606.7 m	650 m	693.3 m	736.7 m
5'	650 m	704.2 m	758.3 m	812.5 m	866.7 m	920.8 m
10'	1300 m	1408.3 m	1516.7 m	1625 m	1733.3 m	1841.7 m
15'	1950 m	2112.5 m	2275 m	2437.5 m	2600 m	2762.5 m

Temps	90%	95%	100%	105%	110%	115%
30"	97.5 m	102.9 m	108.3 m	113.8 m	119.2 m	124.6 m
45"	146.3 m	154.4 m	162.5 m	170.6 m	178.8 m	186.9 m
1'	195 m	205.8 m	216.7 m	227.5 m	238.3 m	249.2 m
1'15	243.8 m	257.3 m	270.8 m	284.4 m	297.9 m	311.5 m
1'30	292.5 m	308.8 m	325 m	341.3 m	357.5 m	373.8 m
2'	390 m	411.7 m	433.3 m	455 m	476.7 m	498.3 m
2'30	487.5 m	514.6 m	541.7 m	568.7 m	595.8 m	622.9 m
3'	585 m	617.5 m	650 m	682.5 m	715 m	747.5 m
4'	780 m	823.3 m	866.7 m	910 m	953.3 m	996.7 m
5'	975 m	1029.2 m	1083.3 m	1137.5 m	1191.7 m	1245.8 m
10'	1950 m	2058.3 m	2166.7 m	2275 m	2383.3 m	2491.7 m
15'	2925 m	3087.5 m	3250 m	3412.5 m	3575 m	3737.5 m

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 %	23.2 s	3 mn 51.9 s	129.4 m	15.53
110 %	24.2 s	4 mn 2.4 s	123.8 m	14.85
105 %	25.4 s	4 mn 14 s	118.1 m	14.18
100 %	26.7 s	4 mn 26.7 s	112.5 m	13.5
95 %	28.1 s	4 mn 40.7 s	106.9 m	12.83
90 %	29.6 s	4 mn 56.3 s	101.3 m	12.15
85 %	31.4 s	5 mn 13.7 s	95.6 m	11.48
80 %	33.3 s	5 mn 33.3 s	90 m	10.8

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	44.4 s	41 s	38.1 s	35.6 s	33.3 s	31.4 s
200 m	1 mn 28.9 s	1 mn 22.1 s	1 mn 16.2 s	1 mn 11.1 s	1 mn 6.7 s	1 mn 2.7 s
300 m	2 mn 13.3 s	2 mn 3.1 s	1 mn 54.3 s	1 mn 46.7 s	1 mn 40 s	1 mn 34.1 s
400 m	2 mn 57.8 s	2 mn 44.1 s	2 mn 32.4 s	2 mn 22.2 s	2 mn 13.3 s	2 mn 5.5 s
500 m	3 mn 42.2 s	3 mn 25.1 s	3 mn 10.5 s	2 mn 57.8 s	2 mn 46.7 s	2 mn 36.9 s
600 m	4 mn 26.7 s	4 mn 6.2 s	3 mn 48.6 s	3 mn 33.3 s	3 mn 20 s	3 mn 8.2 s
800 m	5 mn 55.6 s	5 mn 28.2 s	5 mn 4.8 s	4 mn 44.4 s	4 mn 26.7 s	4 mn 11 s
1000 m	7 mn 24.4 s	6 mn 50.3 s	6 mn 21 s	5 mn 55.6 s	5 mn 33.3 s	5 mn 13.7 s
1200 m	8 mn 53.3 s	8 mn 12.3 s	7 mn 37.1 s	7 mn 6.7 s	6 mn 40 s	6 mn 16.5 s
1500 m	11 mn 6.7 s	10 mn 15.4 s	9 mn 31.4 s	8 mn 53.3 s	8 mn 20 s	7 mn 50.6 s
2000 m	14 mn 48.9 s	13 mn 40.5 s	12 mn 41.9 s	11 mn 51.1 s	11 mn 6.7 s	10 mn 27.5 s
3000 m	22 mn 13.3 s	20 mn 30.8 s	19 mn 2.9 s	17 mn 46.7 s	16 mn 40 s	15 mn 41.2 s

Distance	90%	95%	100%	105%	110%	115%
100 m	29.6 s	28.1 s	26.7 s	25.4 s	24.2 s	23.2 s
200 m	59.3 s	56.1 s	53.3 s	50.8 s	48.5 s	46.4 s
300 m	1 mn 28.9 s	1 mn 24.2 s	1 mn 20 s	1 mn 16.2 s	1 mn 12.7 s	1 mn 9.6 s
400 m	1 mn 58.5 s	1 mn 52.3 s	1 mn 46.7 s	1 mn 41.6 s	1 mn 37 s	1 mn 32.8 s
500 m	2 mn 28.1 s	2 mn 20.4 s	2 mn 13.3 s	2 mn 7 s	2 mn 1.2 s	1 mn 55.9 s
600 m	2 mn 57.8 s	2 mn 48.4 s	2 mn 40 s	2 mn 32.4 s	2 mn 25.5 s	2 mn 19.1 s
800 m	3 mn 57 s	3 mn 44.6 s	3 mn 33.3 s	3 mn 23.2 s	3 mn 13.9 s	3 mn 5.5 s
1000 m	4 mn 56.3 s	4 mn 40.7 s	4 mn 26.7 s	4 mn 14 s	4 mn 2.4 s	3 mn 51.9 s
1200 m	5 mn 55.6 s	5 mn 36.8 s	5 mn 20 s	5 mn 4.8 s	4 mn 50.9 s	4 mn 38.3 s
1500 m	7 mn 24.4 s	7 mn 1.1 s	6 mn 40 s	6 mn 21 s	6 mn 3.6 s	5 mn 47.8 s
2000 m	9 mn 52.6 s	9 mn 21.4 s	8 mn 53.3 s	8 mn 27.9 s	8 mn 4.8 s	7 mn 43.8 s
3000 m	14 mn 48.9 s	14 mn 2.1 s	13 mn 20 s	12 mn 41.9 s	12 mn 7.3 s	11 mn 35.7 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	67.5 m	73.1 m	78.8 m	84.4 m	90 m	95.6 m
45"	101.3 m	109.7 m	118.1 m	126.6 m	135 m	143.4 m
1'	135 m	146.3 m	157.5 m	168.8 m	180 m	191.3 m
1'15	168.8 m	182.8 m	196.9 m	210.9 m	225 m	239.1 m
1'30	202.5 m	219.4 m	236.3 m	253.1 m	270 m	286.9 m
2'	270 m	292.5 m	315 m	337.5 m	360 m	382.5 m
2'30	337.5 m	365.6 m	393.8 m	421.9 m	450 m	478.1 m
3'	405 m	438.8 m	472.5 m	506.3 m	540 m	573.8 m
4'	540 m	585 m	630 m	675 m	720 m	765 m
5'	675 m	731.3 m	787.5 m	843.8 m	900 m	956.3 m
10'	1350 m	1462.5 m	1575 m	1687.5 m	1800 m	1912.5 m
15'	2025 m	2193.8 m	2362.5 m	2531.3 m	2700 m	2868.8 m

Temps	90%	95%	100%	105%	110%	115%
30"	101.3 m	106.9 m	112.5 m	118.1 m	123.8 m	129.4 m
45"	151.9 m	160.3 m	168.8 m	177.2 m	185.6 m	194.1 m
1'	202.5 m	213.8 m	225 m	236.3 m	247.5 m	258.8 m
1'15	253.1 m	267.2 m	281.3 m	295.3 m	309.4 m	323.4 m
1'30	303.8 m	320.6 m	337.5 m	354.4 m	371.3 m	388.1 m
2'	405 m	427.5 m	450 m	472.5 m	495 m	517.5 m
2'30	506.3 m	534.4 m	562.5 m	590.6 m	618.8 m	646.9 m
3'	607.5 m	641.3 m	675 m	708.8 m	742.5 m	776.3 m
4'	810 m	855 m	900 m	945 m	990 m	1035 m
5'	1012.5 m	1068.8 m	1125 m	1181.3 m	1237.5 m	1293.8 m
10'	2025 m	2137.5 m	2250 m	2362.5 m	2475 m	2587.5 m
15'	3037.5 m	3206.3 m	3375 m	3543.8 m	3712.5 m	3881.3 m

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 %	22.4 s	3 mn 43.6 s	134.2 m	16.1
110 %	23.4 s	3 mn 53.8 s	128.3 m	15.4
105 %	24.5 s	4 mn 4.9 s	122.5 m	14.7
100 %	25.7 s	4 mn 17.1 s	116.7 m	14
95 %	27.1 s	4 mn 30.7 s	110.8 m	13.3
90 %	28.6 s	4 mn 45.7 s	105 m	12.6
85 %	30.3 s	5 mn 2.5 s	99.2 m	11.9
80 %	32.1 s	5 mn 21.4 s	93.3 m	11.2

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	42.9 s	39.6 s	36.7 s	34.3 s	32.1 s	30.3 s
200 m	1 mn 25.7 s	1 mn 19.1 s	1 mn 13.5 s	1 mn 8.6 s	1 mn 4.3 s	1 mn 0.5 s
300 m	2 mn 8.6 s	1 mn 58.7 s	1 mn 50.2 s	1 mn 42.9 s	1 mn 36.4 s	1 mn 30.8 s
400 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
500 m	3 mn 34.3 s	3 mn 17.8 s	3 mn 3.7 s	2 mn 51.4 s	2 mn 40.7 s	2 mn 31.3 s
600 m	4 mn 17.1 s	3 mn 57.4 s	3 mn 40.4 s	3 mn 25.7 s	3 mn 12.9 s	3 mn 1.5 s
800 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
1000 m	7 mn 8.6 s	6 mn 35.6 s	6 mn 7.3 s	5 mn 42.9 s	5 mn 21.4 s	5 mn 2.5 s
1200 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
1500 m	10 mn 42.9 s	9 mn 53.4 s	9 mn 11 s	8 mn 34.3 s	8 mn 2.1 s	7 mn 33.8 s
2000 m	14 mn 17.1 s	13 mn 11.2 s	12 mn 14.7 s	11 mn 25.7 s	10 mn 42.9 s	10 mn 5 s
3000 m	21 mn 25.7 s	19 mn 46.8 s	18 mn 22 s	17 mn 8.6 s	16 mn 4.3 s	15 mn 7.6 s

Distance	90%	95%	100%	105%	110%	115%
100 m	28.6 s	27.1 s	25.7 s	24.5 s	23.4 s	22.4 s
200 m	57.1 s	54.1 s	51.4 s	49 s	46.8 s	44.7 s
300 m	1 mn 25.7 s	1 mn 21.2 s	1 mn 17.1 s	1 mn 13.5 s	1 mn 10.1 s	1 mn 7.1 s
400 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
500 m	2 mn 22.9 s	2 mn 15.3 s	2 mn 8.6 s	2 mn 2.4 s	1 mn 56.9 s	1 mn 51.8 s
600 m	2 mn 51.4 s	2 mn 42.4 s	2 mn 34.3 s	2 mn 26.9 s	2 mn 20.3 s	2 mn 14.2 s
800 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
1000 m	4 mn 45.7 s	4 mn 30.7 s	4 mn 17.1 s	4 mn 4.9 s	3 mn 53.8 s	3 mn 43.6 s
1200 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
1500 m	7 mn 8.6 s	6 mn 46 s	6 mn 25.7 s	6 mn 7.3 s	5 mn 50.6 s	5 mn 35.4 s
2000 m	9 mn 31.4 s	9 mn 1.4 s	8 mn 34.3 s	8 mn 9.8 s	7 mn 47.5 s	7 mn 27.2 s
3000 m	14 mn 17.1 s	13 mn 32 s	12 mn 51.4 s	12 mn 14.7 s	11 mn 41.3 s	11 mn 10.8 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	70 m	75.8 m	81.7 m	87.5 m	93.3 m	99.2 m
45"	105 m	113.8 m	122.5 m	131.3 m	140 m	148.8 m
1'	140 m	151.7 m	163.3 m	175 m	186.7 m	198.3 m
1'15	175 m	189.6 m	204.2 m	218.8 m	233.3 m	247.9 m
1'30	210 m	227.5 m	245 m	262.5 m	280 m	297.5 m
2'	280 m	303.3 m	326.7 m	350 m	373.3 m	396.7 m
2'30	350 m	379.2 m	408.3 m	437.5 m	466.7 m	495.8 m
3'	420 m	455 m	490 m	525 m	560 m	595 m
4'	560 m	606.7 m	653.3 m	700 m	746.7 m	793.3 m
5'	700 m	758.3 m	816.7 m	875 m	933.3 m	991.7 m
10'	1400 m	1516.7 m	1633.3 m	1750 m	1866.7 m	1983.3 m
15'	2100 m	2275 m	2450 m	2625 m	2800 m	2975 m

Temps	90%	95%	100%	105%	110%	115%
30"	105 m	110.8 m	116.7 m	122.5 m	128.3 m	134.2 m
45"	157.5 m	166.3 m	175 m	183.8 m	192.5 m	201.3 m
1'	210 m	221.7 m	233.3 m	245 m	256.7 m	268.3 m
1'15	262.5 m	277.1 m	291.7 m	306.3 m	320.8 m	335.4 m
1'30	315 m	332.5 m	350 m	367.5 m	385 m	402.5 m
2'	420 m	443.3 m	466.7 m	490 m	513.3 m	536.7 m
2'30	525 m	554.2 m	583.3 m	612.5 m	641.7 m	670.8 m
3'	630 m	665 m	700 m	735 m	770 m	805 m
4'	840 m	886.7 m	933.3 m	980 m	1026.7 m	1073.3 m
5'	1050 m	1108.3 m	1166.7 m	1225 m	1283.3 m	1341.7 m
10'	2100 m	2216.7 m	2333.3 m	2450 m	2566.7 m	2683.3 m
15'	3150 m	3325 m	3500 m	3675 m	3850 m	4025 m

S'entraîner avec la VMA

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

14.5 km/h

Orientation de l'entraînement

Allure lente : 65 % VMA (temps au kilomètre) : 6 mn 22 s
 Allure moyenne : 70 % VMA (temps au kilomètre) : 5 mn 54.7 s
 Allure rapide : 80 % VMA (temps au kilomètre) : 5 mn 10.3 s

Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30"	km/h
115 %	21.6 s	3 mn 35.9 s	139 m	16.68
110 %	22.6 s	3 mn 45.7 s	132.9 m	15.95
105 %	23.6 s	3 mn 56.5 s	126.9 m	15.23
100 %	24.8 s	4 mn 8.3 s	120.8 m	14.5
95 %	26.1 s	4 mn 21.3 s	114.8 m	13.78
90 %	27.6 s	4 mn 35.9 s	108.8 m	13.05
85 %	29.2 s	4 mn 52.1 s	102.7 m	12.33
80 %	31 s	5 mn 10.3 s	96.7 m	11.6

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	41.4 s	38.2 s	35.5 s	33.1 s	31 s	29.2 s
200 m	1 mn 22.8 s	1 mn 16.4 s	1 mn 10.9 s	1 mn 6.2 s	1 mn 2.1 s	58.4 s
300 m	2 mn 4.1 s	1 mn 54.6 s	1 mn 46.4 s	1 mn 39.3 s	1 mn 33.1 s	1 mn 27.6 s
400 m	2 mn 45.5 s	2 mn 32.8 s	2 mn 21.9 s	2 mn 12.4 s	2 mn 4.1 s	1 mn 56.8 s
500 m	3 mn 26.9 s	3 mn 11 s	2 mn 57.3 s	2 mn 45.5 s	2 mn 35.2 s	2 mn 26 s
600 m	4 mn 8.3 s	3 mn 49.2 s	3 mn 32.8 s	3 mn 18.6 s	3 mn 6.2 s	2 mn 55.3 s
800 m	5 mn 31 s	5 mn 5.6 s	4 mn 43.7 s	4 mn 24.8 s	4 mn 8.3 s	3 mn 53.7 s
1000 m	6 mn 53.8 s	6 mn 22 s	5 mn 54.7 s	5 mn 31 s	5 mn 10.3 s	4 mn 52.1 s
1200 m	8 mn 16.6 s	7 mn 38.4 s	7 mn 5.6 s	6 mn 37.2 s	6 mn 12.4 s	5 mn 50.5 s
1500 m	10 mn 20.7 s	9 mn 32.9 s	8 mn 52 s	8 mn 16.6 s	7 mn 45.5 s	7 mn 18.1 s
2000 m	13 mn 47.6 s	12 mn 43.9 s	11 mn 49.4 s	11 mn 2.1 s	10 mn 20.7 s	9 mn 44.2 s
3000 m	20 mn 41.4 s	19 mn 5.9 s	17 mn 44 s	16 mn 33.1 s	15 mn 31 s	14 mn 36.3 s

Distance	90%	95%	100%	105%	110%	115%
100 m	27.6 s	26.1 s	24.8 s	23.6 s	22.6 s	21.6 s
200 m	55.2 s	52.3 s	49.7 s	47.3 s	45.1 s	43.2 s
300 m	1 mn 22.8 s	1 mn 18.4 s	1 mn 14.5 s	1 mn 10.9 s	1 mn 7.7 s	1 mn 4.8 s
400 m	1 mn 50.3 s	1 mn 44.5 s	1 mn 39.3 s	1 mn 34.6 s	1 mn 30.3 s	1 mn 26.4 s
500 m	2 mn 17.9 s	2 mn 10.7 s	2 mn 4.1 s	1 mn 58.2 s	1 mn 52.9 s	1 mn 47.9 s
600 m	2 mn 45.5 s	2 mn 36.8 s	2 mn 29 s	2 mn 21.9 s	2 mn 15.4 s	2 mn 9.5 s
800 m	3 mn 40.7 s	3 mn 29.1 s	3 mn 18.6 s	3 mn 9.2 s	3 mn 0.6 s	2 mn 52.7 s
1000 m	4 mn 35.9 s	4 mn 21.3 s	4 mn 8.3 s	3 mn 56.5 s	3 mn 45.7 s	3 mn 35.9 s
1200 m	5 mn 31 s	5 mn 13.6 s	4 mn 57.9 s	4 mn 43.7 s	4 mn 30.8 s	4 mn 19.1 s
1500 m	6 mn 53.8 s	6 mn 32 s	6 mn 12.4 s	5 mn 54.7 s	5 mn 38.6 s	5 mn 23.8 s
2000 m	9 mn 11.7 s	8 mn 42.7 s	8 mn 16.6 s	7 mn 52.9 s	7 mn 31.4 s	7 mn 11.8 s
3000 m	13 mn 47.6 s	13 mn 4 s	12 mn 24.8 s	11 mn 49.4 s	11 mn 17.1 s	10 mn 47.7 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	72.5 m	78.5 m	84.6 m	90.6 m	96.7 m	102.7 m
45"	108.8 m	117.8 m	126.9 m	135.9 m	145 m	154.1 m
1'	145 m	157.1 m	169.2 m	181.3 m	193.3 m	205.4 m
1'15	181.3 m	196.4 m	211.5 m	226.6 m	241.7 m	256.8 m
1'30	217.5 m	235.6 m	253.8 m	271.9 m	290 m	308.1 m
2'	290 m	314.2 m	338.3 m	362.5 m	386.7 m	410.8 m
2'30	362.5 m	392.7 m	422.9 m	453.1 m	483.3 m	513.5 m
3'	435 m	471.3 m	507.5 m	543.8 m	580 m	616.3 m
4'	580 m	628.3 m	676.7 m	725 m	773.3 m	821.7 m
5'	725 m	785.4 m	845.8 m	906.3 m	966.7 m	1027.1 m
10'	1450 m	1570.8 m	1691.7 m	1812.5 m	1933.3 m	2054.2 m
15'	2175 m	2356.3 m	2537.5 m	2718.8 m	2900 m	3081.3 m

Temps	90%	95%	100%	105%	110%	115%
30"	108.8 m	114.8 m	120.8 m	126.9 m	132.9 m	139 m
45"	163.1 m	172.2 m	181.3 m	190.3 m	199.4 m	208.4 m
1'	217.5 m	229.6 m	241.7 m	253.8 m	265.8 m	277.9 m
1'15	271.9 m	287 m	302.1 m	317.2 m	332.3 m	347.4 m
1'30	326.3 m	344.4 m	362.5 m	380.6 m	398.8 m	416.9 m
2'	435 m	459.2 m	483.3 m	507.5 m	531.7 m	555.8 m
2'30	543.8 m	574 m	604.2 m	634.4 m	664.6 m	694.8 m
3'	652.5 m	688.8 m	725 m	761.3 m	797.5 m	833.8 m
4'	870 m	918.3 m	966.7 m	1015 m	1063.3 m	1111.7 m
5'	1087.5 m	1147.9 m	1208.3 m	1268.7 m	1329.2 m	1389.6 m
10'	2175 m	2295.8 m	2416.7 m	2537.5 m	2658.3 m	2779.2 m
15'	3262.5 m	3443.8 m	3625 m	3806.3 m	3987.5 m	4168.8 m

S'entraîner avec la VMA

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

15 km/h

Orientation de l'entraînement

Allure lente : 65 % VMA (temps au kilomètre) : 6 mn 9.2 s
 Allure moyenne : 70 % VMA (temps au kilomètre) : 5 mn 42.9 s
 Allure rapide : 80 % VMA (temps au kilomètre) : 5 mn

Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30"	km/h
115 %	20.9 s	3 mn 28.7 s	143.8 m	17.25
110 %	21.8 s	3 mn 38.2 s	137.5 m	16.5
105 %	22.9 s	3 mn 48.6 s	131.3 m	15.75
100 %	24 s	4 mn	125 m	15
95 %	25.3 s	4 mn 12.6 s	118.8 m	14.25
90 %	26.7 s	4 mn 26.7 s	112.5 m	13.5
85 %	28.2 s	4 mn 42.4 s	106.3 m	12.75
80 %	30 s	5 mn	100 m	12

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	40 s	36.9 s	34.3 s	32 s	30 s	28.2 s
200 m	1 mn 20 s	1 mn 13.8 s	1 mn 8.6 s	1 mn 4 s	1 mn	56.5 s
300 m	2 mn	1 mn 50.8 s	1 mn 42.9 s	1 mn 36 s	1 mn 30 s	1 mn 24.7 s
400 m	2 mn 40 s	2 mn 27.7 s	2 mn 17.1 s	2 mn 8 s	2 mn	1 mn 52.9 s
500 m	3 mn 20 s	3 mn 4.6 s	2 mn 51.4 s	2 mn 40 s	2 mn 30 s	2 mn 21.2 s
600 m	4 mn	3 mn 41.5 s	3 mn 25.7 s	3 mn 12 s	3 mn	2 mn 49.4 s
800 m	5 mn 20 s	4 mn 55.4 s	4 mn 34.3 s	4 mn 16 s	4 mn	3 mn 45.9 s
1000 m	6 mn 40 s	6 mn 9.2 s	5 mn 42.9 s	5 mn 20 s	5 mn	4 mn 42.4 s
1200 m	8 mn	7 mn 23.1 s	6 mn 51.4 s	6 mn 24 s	6 mn	5 mn 38.8 s
1500 m	10 mn	9 mn 13.8 s	8 mn 34.3 s	8 mn	7 mn 30 s	7 mn 3.5 s
2000 m	13 mn 20 s	12 mn 18.5 s	11 mn 25.7 s	10 mn 40 s	10 mn	9 mn 24.7 s
3000 m	20 mn	18 mn 27.7 s	17 mn 8.6 s	16 mn	15 mn	14 mn 7.1 s

Distance	90%	95%	100%	105%	110%	115%
100 m	26.7 s	25.3 s	24 s	22.9 s	21.8 s	20.9 s
200 m	53.3 s	50.5 s	48 s	45.7 s	43.6 s	41.7 s
300 m	1 mn 20 s	1 mn 15.8 s	1 mn 12 s	1 mn 8.6 s	1 mn 5.5 s	1 mn 2.6 s
400 m	1 mn 46.7 s	1 mn 41.1 s	1 mn 36 s	1 mn 31.4 s	1 mn 27.3 s	1 mn 23.5 s
500 m	2 mn 13.3 s	2 mn 6.3 s	2 mn	1 mn 54.3 s	1 mn 49.1 s	1 mn 44.3 s
600 m	2 mn 40 s	2 mn 31.6 s	2 mn 24 s	2 mn 17.1 s	2 mn 10.9 s	2 mn 5.2 s
800 m	3 mn 33.3 s	3 mn 22.1 s	3 mn 12 s	3 mn 2.9 s	2 mn 54.5 s	2 mn 47 s
1000 m	4 mn 26.7 s	4 mn 12.6 s	4 mn	3 mn 48.6 s	3 mn 38.2 s	3 mn 28.7 s
1200 m	5 mn 20 s	5 mn 3.2 s	4 mn 48 s	4 mn 34.3 s	4 mn 21.8 s	4 mn 10.4 s
1500 m	6 mn 40 s	6 mn 18.9 s	6 mn	5 mn 42.9 s	5 mn 27.3 s	5 mn 13 s
2000 m	8 mn 53.3 s	8 mn 25.3 s	8 mn	7 mn 37.1 s	7 mn 16.4 s	6 mn 57.4 s
3000 m	13 mn 20 s	12 mn 37.9 s	12 mn	11 mn 25.7 s	10 mn 54.5 s	10 mn 26.1 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	75 m	81.3 m	87.5 m	93.8 m	100 m	106.3 m
45"	112.5 m	121.9 m	131.3 m	140.6 m	150 m	159.4 m
1'	150 m	162.5 m	175 m	187.5 m	200 m	212.5 m
1'15	187.5 m	203.1 m	218.8 m	234.4 m	250 m	265.6 m
1'30	225 m	243.8 m	262.5 m	281.3 m	300 m	318.8 m
2'	300 m	325 m	350 m	375 m	400 m	425 m
2'30	375 m	406.3 m	437.5 m	468.8 m	500 m	531.3 m
3'	450 m	487.5 m	525 m	562.5 m	600 m	637.5 m
4'	600 m	650 m	700 m	750 m	800 m	850 m
5'	750 m	812.5 m	875 m	937.5 m	1000 m	1062.5 m
10'	1500 m	1625 m	1750 m	1875 m	2000 m	2125 m
15'	2250 m	2437.5 m	2625 m	2812.5 m	3000 m	3187.5 m

Temps	90%	95%	100%	105%	110%	115%
30"	112.5 m	118.8 m	125 m	131.3 m	137.5 m	143.8 m
45"	168.8 m	178.1 m	187.5 m	196.9 m	206.3 m	215.6 m
1'	225 m	237.5 m	250 m	262.5 m	275 m	287.5 m
1'15	281.3 m	296.9 m	312.5 m	328.1 m	343.8 m	359.4 m
1'30	337.5 m	356.3 m	375 m	393.8 m	412.5 m	431.3 m
2'	450 m	475 m	500 m	525 m	550 m	575 m
2'30	562.5 m	593.8 m	625 m	656.3 m	687.5 m	718.8 m
3'	675 m	712.5 m	750 m	787.5 m	825 m	862.5 m
4'	900 m	950 m	1000 m	1050 m	1100 m	1150 m
5'	1125 m	1187.5 m	1250 m	1312.5 m	1375 m	1437.5 m
10'	2250 m	2375 m	2500 m	2625 m	2750 m	2875 m
15'	3375 m	3562.5 m	3750 m	3937.5 m	4125 m	4312.5 m

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
100 %	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

S'entraîner avec la VMA

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

16 km/h

Orientation de l'entraînement

Allure lente : 65 % VMA (temps au kilomètre) :	5 mn 46.2 s
Allure moyenne : 70 % VMA (temps au kilomètre) :	5 mn 21.4 s
Allure rapide : 80 % VMA (temps au kilomètre) :	4 mn 41.3 s

Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30"	km/h
115 %	19.6 s	3 mn 15.7 s	153.3 m	18.4
110 %	20.5 s	3 mn 24.5 s	146.7 m	17.6
105 %	21.4 s	3 mn 34.3 s	140 m	16.8
100 %	22.5 s	3 mn 45 s	133.3 m	16
95 %	23.7 s	3 mn 56.8 s	126.7 m	15.2
90 %	25 s	4 mn 10 s	120 m	14.4
85 %	26.5 s	4 mn 24.7 s	113.3 m	13.6
80 %	28.1 s	4 mn 41.3 s	106.7 m	12.8

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	37.5 s	34.6 s	32.1 s	30 s	28.1 s	26.5 s
200 m	1 mn 15 s	1 mn 9.2 s	1 mn 4.3 s	1 mn	56.3 s	52.9 s
300 m	1 mn 52.5 s	1 mn 43.8 s	1 mn 36.4 s	1 mn 30 s	1 mn 24.4 s	1 mn 19.4 s
400 m	2 mn 30 s	2 mn 18.5 s	2 mn 8.6 s	2 mn	1 mn 52.5 s	1 mn 45.9 s
500 m	3 mn 7.5 s	2 mn 53.1 s	2 mn 40.7 s	2 mn 30 s	2 mn 20.6 s	2 mn 12.4 s
600 m	3 mn 45 s	3 mn 27.7 s	3 mn 12.9 s	3 mn	2 mn 48.8 s	2 mn 38.8 s
800 m	5 mn	4 mn 36.9 s	4 mn 17.1 s	4 mn	3 mn 45 s	3 mn 31.8 s
1000 m	6 mn 15 s	5 mn 46.2 s	5 mn 21.4 s	5 mn	4 mn 41.3 s	4 mn 24.7 s
1200 m	7 mn 30 s	6 mn 55.4 s	6 mn 25.7 s	6 mn	5 mn 37.5 s	5 mn 17.6 s
1500 m	9 mn 22.5 s	8 mn 39.2 s	8 mn 2.1 s	7 mn 30 s	7 mn 1.9 s	6 mn 37.1 s
2000 m	12 mn 30 s	11 mn 32.3 s	10 mn 42.9 s	10 mn	9 mn 22.5 s	8 mn 49.4 s
3000 m	18 mn 45 s	17 mn 18.5 s	16 mn 4.3 s	15 mn	14 mn 3.8 s	13 mn 14.1 s

Distance	90%	95%	100%	105%	110%	115%
100 m	25 s	23.7 s	22.5 s	21.4 s	20.5 s	19.6 s
200 m	50 s	47.4 s	45 s	42.9 s	40.9 s	39.1 s
300 m	1 mn 15 s	1 mn 11.1 s	1 mn 7.5 s	1 mn 4.3 s	1 mn 1.4 s	58.7 s
400 m	1 mn 40 s	1 mn 34.7 s	1 mn 30 s	1 mn 25.7 s	1 mn 21.8 s	1 mn 18.3 s
500 m	2 mn 5 s	1 mn 58.4 s	1 mn 52.5 s	1 mn 47.1 s	1 mn 42.3 s	1 mn 37.8 s
600 m	2 mn 30 s	2 mn 22.1 s	2 mn 15 s	2 mn 8.6 s	2 mn 2.7 s	1 mn 57.4 s
800 m	3 mn 20 s	3 mn 9.5 s	3 mn	2 mn 51.4 s	2 mn 43.6 s	2 mn 36.5 s
1000 m	4 mn 10 s	3 mn 56.8 s	3 mn 45 s	3 mn 34.3 s	3 mn 24.5 s	3 mn 15.7 s
1200 m	5 mn	4 mn 44.2 s	4 mn 30 s	4 mn 17.1 s	4 mn 5.5 s	3 mn 54.8 s
1500 m	6 mn 15 s	5 mn 55.3 s	5 mn 37.5 s	5 mn 21.4 s	5 mn 6.8 s	4 mn 53.5 s
2000 m	8 mn 20 s	7 mn 53.7 s	7 mn 30 s	7 mn 8.6 s	6 mn 49.1 s	6 mn 31.3 s
3000 m	12 mn 30 s	11 mn 50.5 s	11 mn 15 s	10 mn 42.9 s	10 mn 13.6 s	9 mn 47 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	80 m	86.7 m	93.3 m	100 m	106.7 m	113.3 m
45"	120 m	130 m	140 m	150 m	160 m	170 m
1'	160 m	173.3 m	186.7 m	200 m	213.3 m	226.7 m
1'15	200 m	216.7 m	233.3 m	250 m	266.7 m	283.3 m
1'30	240 m	260 m	280 m	300 m	320 m	340 m
2'	320 m	346.7 m	373.3 m	400 m	426.7 m	453.3 m
2'30	400 m	433.3 m	466.7 m	500 m	533.3 m	566.7 m
3'	480 m	520 m	560 m	600 m	640 m	680 m
4'	640 m	693.3 m	746.7 m	800 m	853.3 m	906.7 m
5'	800 m	866.7 m	933.3 m	1000 m	1066.7 m	1133.3 m
10'	1600 m	1733.3 m	1866.7 m	2000 m	2133.3 m	2266.7 m
15'	2400 m	2600 m	2800 m	3000 m	3200 m	3400 m

Temps	90%	95%	100%	105%	110%	115%
30"	120 m	126.7 m	133.3 m	140 m	146.7 m	153.3 m
45"	180 m	190 m	200 m	210 m	220 m	230 m
1'	240 m	253.3 m	266.7 m	280 m	293.3 m	306.7 m
1'15	300 m	316.7 m	333.3 m	350 m	366.7 m	383.3 m
1'30	360 m	380 m	400 m	420 m	440 m	460 m
2'	480 m	506.7 m	533.3 m	560 m	586.7 m	613.3 m
2'30	600 m	633.3 m	666.7 m	700 m	733.3 m	766.7 m
3'	720 m	760 m	800 m	840 m	880 m	920 m
4'	960 m	1013.3 m	1066.7 m	1120 m	1173.3 m	1226.7 m
5'	1200 m	1266.7 m	1333.3 m	1400 m	1466.7 m	1533.3 m
10'	2400 m	2533.3 m	2666.7 m	2800 m	2933.3 m	3066.7 m
15'	3600 m	3800 m	4000 m	4200 m	4400 m	4600 m

S'entraîner avec la VMA

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

16.5 km/h

Calculer

Réinitialiser

Orientation de l'entraînement

Allure lente : 65 % VMA (temps au kilomètre) :

5 mn 35.7 s

Allure moyenne : 70 % VMA (temps au kilomètre) :

5 mn 11.7 s

Allure rapide : 80 % VMA (temps au kilomètre) :

4 mn 32.7 s

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
100 %	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%
100 m	36.4 s	33.6 s	31.2 s	29.1 s	27.3 s	25.7 s
200 m	1 mn 12.7 s	1 mn 7.1 s	1 mn 2.3 s	58.2 s	54.5 s	51.3 s
300 m	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
400 m	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
500 m	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
600 m	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
800 m	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
1000 m	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
1200 m	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
1500 m	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
2000 m	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
3000 m	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

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 %	18.4 s	3 mn 4.1 s	162.9 m	19.55
110 %	19.3 s	3 mn 12.5 s	155.8 m	18.7
105 %	20.2 s	3 mn 21.7 s	148.7 m	17.85
100 %	21.2 s	3 mn 31.8 s	141.7 m	17
95 %	22.3 s	3 mn 42.9 s	134.6 m	16.15
90 %	23.5 s	3 mn 55.3 s	127.5 m	15.3
85 %	24.9 s	4 mn 9.1 s	120.4 m	14.45
80 %	26.5 s	4 mn 24.7 s	113.3 m	13.6

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	35.3 s	32.6 s	30.3 s	28.2 s	26.5 s	24.9 s
200 m	1 mn 10.6 s	1 mn 5.2 s	1 mn 0.5 s	56.5 s	52.9 s	49.8 s
300 m	1 mn 45.9 s	1 mn 37.7 s	1 mn 30.8 s	1 mn 24.7 s	1 mn 19.4 s	1 mn 14.7 s
400 m	2 mn 21.2 s	2 mn 10.3 s	2 mn 1 s	1 mn 52.9 s	1 mn 45.9 s	1 mn 39.7 s
500 m	2 mn 56.5 s	2 mn 42.9 s	2 mn 31.3 s	2 mn 21.2 s	2 mn 12.4 s	2 mn 4.6 s
600 m	3 mn 31.8 s	3 mn 15.5 s	3 mn 1.5 s	2 mn 49.4 s	2 mn 38.8 s	2 mn 29.5 s
800 m	4 mn 42.4 s	4 mn 20.6 s	4 mn 2 s	3 mn 45.9 s	3 mn 31.8 s	3 mn 19.3 s
1000 m	5 mn 52.9 s	5 mn 25.8 s	5 mn 2.5 s	4 mn 42.4 s	4 mn 24.7 s	4 mn 9.1 s
1200 m	7 mn 3.5 s	6 mn 31 s	6 mn 3 s	5 mn 38.8 s	5 mn 17.6 s	4 mn 59 s
1500 m	8 mn 49.4 s	8 mn 8.7 s	7 mn 33.8 s	7 mn 3.5 s	6 mn 37.1 s	6 mn 13.7 s
2000 m	11 mn 45.9 s	10 mn 51.6 s	10 mn 5 s	9 mn 24.7 s	8 mn 49.4 s	8 mn 18.3 s
3000 m	17 mn 38.8 s	16 mn 17.4 s	15 mn 7.6 s	14 mn 7.1 s	13 mn 14.1 s	12 mn 27.4 s

Distance	90%	95%	100%	105%	110%	115%
100 m	23.5 s	22.3 s	21.2 s	20.2 s	19.3 s	18.4 s
200 m	47.1 s	44.6 s	42.4 s	40.3 s	38.5 s	36.8 s
300 m	1 mn 10.6 s	1 mn 6.9 s	1 mn 3.5 s	1 mn 0.5 s	57.8 s	55.2 s
400 m	1 mn 34.1 s	1 mn 29.2 s	1 mn 24.7 s	1 mn 20.7 s	1 mn 17 s	1 mn 13.7 s
500 m	1 mn 57.6 s	1 mn 51.5 s	1 mn 45.9 s	1 mn 40.8 s	1 mn 36.3 s	1 mn 32.1 s
600 m	2 mn 21.2 s	2 mn 13.7 s	2 mn 7.1 s	2 mn 1 s	1 mn 55.5 s	1 mn 50.5 s
800 m	3 mn 8.2 s	2 mn 58.3 s	2 mn 49.4 s	2 mn 41.3 s	2 mn 34 s	2 mn 27.3 s
1000 m	3 mn 55.3 s	3 mn 42.9 s	3 mn 31.8 s	3 mn 21.7 s	3 mn 12.5 s	3 mn 4.1 s
1200 m	4 mn 42.4 s	4 mn 27.5 s	4 mn 14.1 s	4 mn 2 s	3 mn 51 s	3 mn 41 s
1500 m	5 mn 52.9 s	5 mn 34.4 s	5 mn 17.6 s	5 mn 2.5 s	4 mn 48.8 s	4 mn 36.2 s
2000 m	7 mn 50.6 s	7 mn 25.8 s	7 mn 3.5 s	6 mn 43.4 s	6 mn 25 s	6 mn 8.3 s
3000 m	11 mn 45.9 s	11 mn 8.7 s	10 mn 35.3 s	10 mn 5 s	9 mn 37.5 s	9 mn 12.4 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	85 m	92.1 m	99.2 m	106.3 m	113.3 m	120.4 m
45"	127.5 m	138.1 m	148.8 m	159.4 m	170 m	180.6 m
1'	170 m	184.2 m	198.3 m	212.5 m	226.7 m	240.8 m
1'15	212.5 m	230.2 m	247.9 m	265.6 m	283.3 m	301 m
1'30	255 m	276.3 m	297.5 m	318.8 m	340 m	361.3 m
2'	340 m	368.3 m	396.7 m	425 m	453.3 m	481.7 m
2'30	425 m	460.4 m	495.8 m	531.3 m	566.7 m	602.1 m
3'	510 m	552.5 m	595 m	637.5 m	680 m	722.5 m
4'	680 m	736.7 m	793.3 m	850 m	906.7 m	963.3 m
5'	850 m	920.8 m	991.7 m	1062.5 m	1133.3 m	1204.2 m
10'	1700 m	1841.7 m	1983.3 m	2125 m	2266.7 m	2408.3 m
15'	2550 m	2762.5 m	2975 m	3187.5 m	3400 m	3612.5 m

Temps	90%	95%	100%	105%	110%	115%
30"	127.5 m	134.6 m	141.7 m	148.7 m	155.8 m	162.9 m
45"	191.3 m	201.9 m	212.5 m	223.1 m	233.8 m	244.4 m
1'	255 m	269.2 m	283.3 m	297.5 m	311.7 m	325.8 m
1'15	318.8 m	336.5 m	354.2 m	371.9 m	389.6 m	407.3 m
1'30	382.5 m	403.8 m	425 m	446.3 m	467.5 m	488.8 m
2'	510 m	538.3 m	566.7 m	595 m	623.3 m	651.7 m
2'30	637.5 m	672.9 m	708.3 m	743.8 m	779.2 m	814.6 m
3'	765 m	807.5 m	850 m	892.5 m	935 m	977.5 m
4'	1020 m	1076.7 m	1133.3 m	1190 m	1246.7 m	1303.3 m
5'	1275 m	1345.8 m	1416.7 m	1487.5 m	1558.3 m	1629.2 m
10'	2550 m	2691.7 m	2833.3 m	2975 m	3116.7 m	3258.3 m
15'	3825 m	4037.5 m	4250 m	4462.5 m	4675 m	4887.5 m

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) :

5 mn 16.5 s

Allure moyenne : 70 % VMA (temps au kilomètre) :

4 mn 53.9 s

Allure rapide : 80 % VMA (temps au kilomètre) :

4 mn 17.1 s

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

S'entraîner avec la VMA

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

18 km/h

Orientation de l'entraînement

Allure lente : 65 % VMA (temps au kilomètre) : 5 mn 7.7 s
 Allure moyenne : 70 % VMA (temps au kilomètre) : 4 mn 45.7 s
 Allure rapide : 80 % VMA (temps au kilomètre) : 4 mn 10 s

Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30"	km/h
115 %	17.4 s	2 mn 53.9 s	172.5 m	20.7
110 %	18.2 s	3 mn 1.8 s	165 m	19.8
105 %	19 s	3 mn 10.5 s	157.5 m	18.9
100 %	20 s	3 mn 20 s	150 m	18
95 %	21.1 s	3 mn 30.5 s	142.5 m	17.1
90 %	22.2 s	3 mn 42.2 s	135 m	16.2
85 %	23.5 s	3 mn 55.3 s	127.5 m	15.3
80 %	25 s	4 mn 10 s	120 m	14.4

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	33.3 s	30.8 s	28.6 s	26.7 s	25 s	23.5 s
200 m	1 mn 6.7 s	1 mn 1.5 s	57.1 s	53.3 s	50 s	47.1 s
300 m	1 mn 40 s	1 mn 32.3 s	1 mn 25.7 s	1 mn 20 s	1 mn 15 s	1 mn 10.6 s
400 m	2 mn 13.3 s	2 mn 3.1 s	1 mn 54.3 s	1 mn 46.7 s	1 mn 40 s	1 mn 34.1 s
500 m	2 mn 46.7 s	2 mn 33.8 s	2 mn 22.9 s	2 mn 13.3 s	2 mn 5 s	1 mn 57.6 s
600 m	3 mn 20 s	3 mn 4.6 s	2 mn 51.4 s	2 mn 40 s	2 mn 30 s	2 mn 21.2 s
800 m	4 mn 26.7 s	4 mn 6.2 s	3 mn 48.6 s	3 mn 33.3 s	3 mn 20 s	3 mn 8.2 s
1000 m	5 mn 33.3 s	5 mn 7.7 s	4 mn 45.7 s	4 mn 26.7 s	4 mn 10 s	3 mn 55.3 s
1200 m	6 mn 40 s	6 mn 9.2 s	5 mn 42.9 s	5 mn 20 s	5 mn	4 mn 42.4 s
1500 m	8 mn 20 s	7 mn 41.5 s	7 mn 8.6 s	6 mn 40 s	6 mn 15 s	5 mn 52.9 s
2000 m	11 mn 6.7 s	10 mn 15.4 s	9 mn 31.4 s	8 mn 53.3 s	8 mn 20 s	7 mn 50.6 s
3000 m	16 mn 40 s	15 mn 23.1 s	14 mn 17.1 s	13 mn 20 s	12 mn 30 s	11 mn 45.9 s

Distance	90%	95%	100%	105%	110%	115%
100 m	22.2 s	21.1 s	20 s	19 s	18.2 s	17.4 s
200 m	44.4 s	42.1 s	40 s	38.1 s	36.4 s	34.8 s
300 m	1 mn 6.7 s	1 mn 3.2 s	1 mn	57.1 s	54.5 s	52.2 s
400 m	1 mn 28.9 s	1 mn 24.2 s	1 mn 20 s	1 mn 16.2 s	1 mn 12.7 s	1 mn 9.6 s
500 m	1 mn 51.1 s	1 mn 45.3 s	1 mn 40 s	1 mn 35.2 s	1 mn 30.9 s	1 mn 27 s
600 m	2 mn 13.3 s	2 mn 6.3 s	2 mn	1 mn 54.3 s	1 mn 49.1 s	1 mn 44.3 s
800 m	2 mn 57.8 s	2 mn 48.4 s	2 mn 40 s	2 mn 32.4 s	2 mn 25.5 s	2 mn 19.1 s
1000 m	3 mn 42.2 s	3 mn 30.5 s	3 mn 20 s	3 mn 10.5 s	3 mn 1.8 s	2 mn 53.9 s
1200 m	4 mn 26.7 s	4 mn 12.6 s	4 mn	3 mn 48.6 s	3 mn 38.2 s	3 mn 28.7 s
1500 m	5 mn 33.3 s	5 mn 15.8 s	5 mn	4 mn 45.7 s	4 mn 32.7 s	4 mn 20.9 s
2000 m	7 mn 24.4 s	7 mn 1.1 s	6 mn 40 s	6 mn 21 s	6 mn 3.6 s	5 mn 47.8 s
3000 m	11 mn 6.7 s	10 mn 31.6 s	10 mn	9 mn 31.4 s	9 mn 5.5 s	8 mn 41.7 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	90 m	97.5 m	105 m	112.5 m	120 m	127.5 m
45"	135 m	146.3 m	157.5 m	168.8 m	180 m	191.3 m
1'	180 m	195 m	210 m	225 m	240 m	255 m
1'15	225 m	243.8 m	262.5 m	281.3 m	300 m	318.8 m
1'30	270 m	292.5 m	315 m	337.5 m	360 m	382.5 m
2'	360 m	390 m	420 m	450 m	480 m	510 m
2'30	450 m	487.5 m	525 m	562.5 m	600 m	637.5 m
3'	540 m	585 m	630 m	675 m	720 m	765 m
4'	720 m	780 m	840 m	900 m	960 m	1020 m
5'	900 m	975 m	1050 m	1125 m	1200 m	1275 m
10'	1800 m	1950 m	2100 m	2250 m	2400 m	2550 m
15'	2700 m	2925 m	3150 m	3375 m	3600 m	3825 m

Temps	90%	95%	100%	105%	110%	115%
30"	135 m	142.5 m	150 m	157.5 m	165 m	172.5 m
45"	202.5 m	213.8 m	225 m	236.3 m	247.5 m	258.8 m
1'	270 m	285 m	300 m	315 m	330 m	345 m
1'15	337.5 m	356.3 m	375 m	393.8 m	412.5 m	431.3 m
1'30	405 m	427.5 m	450 m	472.5 m	495 m	517.5 m
2'	540 m	570 m	600 m	630 m	660 m	690 m
2'30	675 m	712.5 m	750 m	787.5 m	825 m	862.5 m
3'	810 m	855 m	900 m	945 m	990 m	1035 m
4'	1080 m	1140 m	1200 m	1260 m	1320 m	1380 m
5'	1350 m	1425 m	1500 m	1575 m	1650 m	1725 m
10'	2700 m	2850 m	3000 m	3150 m	3300 m	3450 m
15'	4050 m	4275 m	4500 m	4725 m	4950 m	5175 m

S'entraîner avec la VMA

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

18.5 km/h

Orientation de l'entraînement

Allure lente : 65 % VMA (temps au kilomètre) :	4 mn 59.4 s
Allure moyenne : 70 % VMA (temps au kilomètre) :	4 mn 38 s
Allure rapide : 80 % VMA (temps au kilomètre) :	4 mn 3.2 s

Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30"	km/h
115 %	16.9 s	2 mn 49.2 s	177.3 m	21.28
110 %	17.7 s	2 mn 56.9 s	169.6 m	20.35
105 %	18.5 s	3 mn 5.3 s	161.9 m	19.43
100 %	19.5 s	3 mn 14.6 s	154.2 m	18.5
95 %	20.5 s	3 mn 24.8 s	146.5 m	17.58
90 %	21.6 s	3 mn 36.2 s	138.8 m	16.65
85 %	22.9 s	3 mn 48.9 s	131 m	15.73
80 %	24.3 s	4 mn 3.2 s	123.3 m	14.8

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	32.4 s	29.9 s	27.8 s	25.9 s	24.3 s	22.9 s
200 m	1 mn 4.9 s	59.9 s	55.6 s	51.9 s	48.6 s	45.8 s
300 m	1 mn 37.3 s	1 mn 29.8 s	1 mn 23.4 s	1 mn 17.8 s	1 mn 13 s	1 mn 8.7 s
400 m	2 mn 9.7 s	1 mn 59.8 s	1 mn 51.2 s	1 mn 43.8 s	1 mn 37.3 s	1 mn 31.6 s
500 m	2 mn 42.2 s	2 mn 29.7 s	2 mn 19 s	2 mn 9.7 s	2 mn 1.6 s	1 mn 54.5 s
600 m	3 mn 14.6 s	2 mn 59.6 s	2 mn 46.8 s	2 mn 35.7 s	2 mn 25.9 s	2 mn 17.4 s
800 m	4 mn 19.5 s	3 mn 59.5 s	3 mn 42.4 s	3 mn 27.6 s	3 mn 14.6 s	3 mn 3.1 s
1000 m	5 mn 24.3 s	4 mn 59.4 s	4 mn 38 s	4 mn 19.5 s	4 mn 3.2 s	3 mn 48.9 s
1200 m	6 mn 29.2 s	5 mn 59.3 s	5 mn 33.6 s	5 mn 11.4 s	4 mn 51.9 s	4 mn 34.7 s
1500 m	8 mn 6.5 s	7 mn 29.1 s	6 mn 57 s	6 mn 29.2 s	6 mn 4.9 s	5 mn 43.4 s
2000 m	10 mn 48.6 s	9 mn 58.8 s	9 mn 16 s	8 mn 38.9 s	8 mn 6.5 s	7 mn 37.9 s
3000 m	16 mn 13 s	14 mn 58.1 s	13 mn 54 s	12 mn 58.4 s	12 mn 9.7 s	11 mn 26.8 s

Distance	90%	95%	100%	105%	110%	115%
100 m	21.6 s	20.5 s	19.5 s	18.5 s	17.7 s	16.9 s
200 m	43.2 s	41 s	38.9 s	37.1 s	35.4 s	33.8 s
300 m	1 mn 4.9 s	1 mn 1.5 s	58.4 s	55.6 s	53.1 s	50.8 s
400 m	1 mn 26.5 s	1 mn 21.9 s	1 mn 17.8 s	1 mn 14.1 s	1 mn 10.8 s	1 mn 7.7 s
500 m	1 mn 48.1 s	1 mn 42.4 s	1 mn 37.3 s	1 mn 32.7 s	1 mn 28.5 s	1 mn 24.6 s
600 m	2 mn 9.7 s	2 mn 2.9 s	1 mn 56.8 s	1 mn 51.2 s	1 mn 46.1 s	1 mn 41.5 s
800 m	2 mn 53 s	2 mn 43.9 s	2 mn 35.7 s	2 mn 28.3 s	2 mn 21.5 s	2 mn 15.4 s
1000 m	3 mn 36.2 s	3 mn 24.8 s	3 mn 14.6 s	3 mn 5.3 s	2 mn 56.9 s	2 mn 49.2 s
1200 m	4 mn 19.5 s	4 mn 5.8 s	3 mn 53.5 s	3 mn 42.4 s	3 mn 32.3 s	3 mn 23.1 s
1500 m	5 mn 24.3 s	5 mn 7.3 s	4 mn 51.9 s	4 mn 38 s	4 mn 25.4 s	4 mn 13.8 s
2000 m	7 mn 12.4 s	6 mn 49.7 s	6 mn 29.2 s	6 mn 10.7 s	5 mn 53.8 s	5 mn 38.4 s
3000 m	10 mn 48.6 s	10 mn 14.5 s	9 mn 43.8 s	9 mn 16 s	8 mn 50.7 s	8 mn 27.6 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	92.5 m	100.2 m	107.9 m	115.6 m	123.3 m	131 m
45"	138.8 m	150.3 m	161.9 m	173.4 m	185 m	196.6 m
1'	185 m	200.4 m	215.8 m	231.3 m	246.7 m	262.1 m
1'15	231.3 m	250.5 m	269.8 m	289.1 m	308.3 m	327.6 m
1'30	277.5 m	300.6 m	323.8 m	346.9 m	370 m	393.1 m
2'	370 m	400.8 m	431.7 m	462.5 m	493.3 m	524.2 m
2'30	462.5 m	501 m	539.6 m	578.1 m	616.7 m	655.2 m
3'	555 m	601.3 m	647.5 m	693.8 m	740 m	786.3 m
4'	740 m	801.7 m	863.3 m	925 m	986.7 m	1048.3 m
5'	925 m	1002.1 m	1079.2 m	1156.3 m	1233.3 m	1310.4 m
10'	1850 m	2004.2 m	2158.3 m	2312.5 m	2466.7 m	2620.8 m
15'	2775 m	3006.3 m	3237.5 m	3468.8 m	3700 m	3931.3 m

Temps	90%	95%	100%	105%	110%	115%
30"	138.8 m	146.5 m	154.2 m	161.9 m	169.6 m	177.3 m
45"	208.1 m	219.7 m	231.3 m	242.8 m	254.4 m	265.9 m
1'	277.5 m	292.9 m	308.3 m	323.8 m	339.2 m	354.6 m
1'15	346.9 m	366.1 m	385.4 m	404.7 m	424 m	443.2 m
1'30	416.3 m	439.4 m	462.5 m	485.6 m	508.8 m	531.9 m
2'	555 m	585.8 m	616.7 m	647.5 m	678.3 m	709.2 m
2'30	693.8 m	732.3 m	770.8 m	809.4 m	847.9 m	886.5 m
3'	832.5 m	878.8 m	925 m	971.3 m	1017.5 m	1063.8 m
4'	1110 m	1171.7 m	1233.3 m	1295 m	1356.7 m	1418.3 m
5'	1387.5 m	1464.6 m	1541.7 m	1618.8 m	1695.8 m	1772.9 m
10'	2775 m	2929.2 m	3083.3 m	3237.5 m	3391.7 m	3545.8 m
15'	4162.5 m	4393.8 m	4625 m	4856.3 m	5087.5 m	5318.8 m

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

S'entraîner avec la VMA

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

19.5 km/h

Calculer

Réinitialiser

Orientation de l'entraînement

Allure lente : 65 % VMA (temps au kilomètre) :

4 mn 44 s

Allure moyenne : 70 % VMA (temps au kilomètre) :

4 mn 23.7 s

Allure rapide : 80 % VMA (temps au kilomètre) :

3 mn 50.8 s

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

S'entraîner avec la VMA

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

20 km/h

Orientation de l'entraînement

Allure lente : 65 % VMA (temps au kilomètre) : 4 mn 36.9 s
 Allure moyenne : 70 % VMA (temps au kilomètre) : 4 mn 17.1 s
 Allure rapide : 80 % VMA (temps au kilomètre) : 3 mn 45 s

Travail intermittent

%	V / 100 m	V / 1000 m	dist. / 30"	km/h
115 %	15.7 s	2 mn 36.5 s	191.7 m	23
110 %	16.4 s	2 mn 43.6 s	183.3 m	22
105 %	17.1 s	2 mn 51.4 s	175 m	21
100 %	18 s	3 mn	166.7 m	20
95 %	18.9 s	3 mn 9.5 s	158.3 m	19
90 %	20 s	3 mn 20 s	150 m	18
85 %	21.2 s	3 mn 31.8 s	141.7 m	17
80 %	22.5 s	3 mn 45 s	133.3 m	16

Temps par distance

Distance	60%	65%	70%	75%	80%	85%
100 m	30 s	27.7 s	25.7 s	24 s	22.5 s	21.2 s
200 m	1 mn	55.4 s	51.4 s	48 s	45 s	42.4 s
300 m	1 mn 30 s	1 mn 23.1 s	1 mn 17.1 s	1 mn 12 s	1 mn 7.5 s	1 mn 3.5 s
400 m	2 mn	1 mn 50.8 s	1 mn 42.9 s	1 mn 36 s	1 mn 30 s	1 mn 24.7 s
500 m	2 mn 30 s	2 mn 18.5 s	2 mn 8.6 s	2 mn	1 mn 52.5 s	1 mn 45.9 s
600 m	3 mn	2 mn 46.2 s	2 mn 34.3 s	2 mn 24 s	2 mn 15 s	2 mn 7.1 s
800 m	4 mn	3 mn 41.5 s	3 mn 25.7 s	3 mn 12 s	3 mn	2 mn 49.4 s
1000 m	5 mn	4 mn 36.9 s	4 mn 17.1 s	4 mn	3 mn 45 s	3 mn 31.8 s
1200 m	6 mn	5 mn 32.3 s	5 mn 8.6 s	4 mn 48 s	4 mn 30 s	4 mn 14.1 s
1500 m	7 mn 30 s	6 mn 55.4 s	6 mn 25.7 s	6 mn	5 mn 37.5 s	5 mn 17.6 s
2000 m	10 mn	9 mn 13.8 s	8 mn 34.3 s	8 mn	7 mn 30 s	7 mn 3.5 s
3000 m	15 mn	13 mn 50.8 s	12 mn 51.4 s	12 mn	11 mn 15 s	10 mn 35.3 s

Distance	90%	95%	100%	105%	110%	115%
100 m	20 s	18.9 s	18 s	17.1 s	16.4 s	15.7 s
200 m	40 s	37.9 s	36 s	34.3 s	32.7 s	31.3 s
300 m	1 mn	56.8 s	54 s	51.4 s	49.1 s	47 s
400 m	1 mn 20 s	1 mn 15.8 s	1 mn 12 s	1 mn 8.6 s	1 mn 5.5 s	1 mn 2.6 s
500 m	1 mn 40 s	1 mn 34.7 s	1 mn 30 s	1 mn 25.7 s	1 mn 21.8 s	1 mn 18.3 s
600 m	2 mn	1 mn 53.7 s	1 mn 48 s	1 mn 42.9 s	1 mn 38.2 s	1 mn 33.9 s
800 m	2 mn 40 s	2 mn 31.6 s	2 mn 24 s	2 mn 17.1 s	2 mn 10.9 s	2 mn 5.2 s
1000 m	3 mn 20 s	3 mn 9.5 s	3 mn	2 mn 51.4 s	2 mn 43.6 s	2 mn 36.5 s
1200 m	4 mn	3 mn 47.4 s	3 mn 36 s	3 mn 25.7 s	3 mn 16.4 s	3 mn 7.8 s
1500 m	5 mn	4 mn 44.2 s	4 mn 30 s	4 mn 17.1 s	4 mn 5.5 s	3 mn 54.8 s
2000 m	6 mn 40 s	6 mn 18.9 s	6 mn	5 mn 42.9 s	5 mn 27.3 s	5 mn 13 s
3000 m	10 mn	9 mn 28.4 s	9 mn	8 mn 34.3 s	8 mn 10.9 s	7 mn 49.6 s

Distance par temps

Temps	60%	65%	70%	75%	80%	85%
30"	100 m	108.3 m	116.7 m	125 m	133.3 m	141.7 m
45"	150 m	162.5 m	175 m	187.5 m	200 m	212.5 m
1'	200 m	216.7 m	233.3 m	250 m	266.7 m	283.3 m
1'15	250 m	270.8 m	291.7 m	312.5 m	333.3 m	354.2 m
1'30	300 m	325 m	350 m	375 m	400 m	425 m
2'	400 m	433.3 m	466.7 m	500 m	533.3 m	566.7 m
2'30	500 m	541.7 m	583.3 m	625 m	666.7 m	708.3 m
3'	600 m	650 m	700 m	750 m	800 m	850 m
4'	800 m	866.7 m	933.3 m	1000 m	1066.7 m	1133.3 m
5'	1000 m	1083.3 m	1166.7 m	1250 m	1333.3 m	1416.7 m
10'	2000 m	2166.7 m	2333.3 m	2500 m	2666.7 m	2833.3 m
15'	3000 m	3250 m	3500 m	3750 m	4000 m	4250 m

Temps	90%	95%	100%	105%	110%	115%
30"	150 m	158.3 m	166.7 m	175 m	183.3 m	191.7 m
45"	225 m	237.5 m	250 m	262.5 m	275 m	287.5 m
1'	300 m	316.7 m	333.3 m	350 m	366.7 m	383.3 m
1'15	375 m	395.8 m	416.7 m	437.5 m	458.3 m	479.2 m
1'30	450 m	475 m	500 m	525 m	550 m	575 m
2'	600 m	633.3 m	666.7 m	700 m	733.3 m	766.7 m
2'30	750 m	791.7 m	833.3 m	875 m	916.7 m	958.3 m
3'	900 m	950 m	1000 m	1050 m	1100 m	1150 m
4'	1200 m	1266.7 m	1333.3 m	1400 m	1466.7 m	1533.3 m
5'	1500 m	1583.3 m	1666.7 m	1750 m	1833.3 m	1916.7 m
10'	3000 m	3166.7 m	3333.3 m	3500 m	3666.7 m	3833.3 m
15'	4500 m	4750 m	5000 m	5250 m	5500 m	5750 m