

# VMA 15,5 Km/H

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temps cible		allure min/km		vitesse					
90%	00:43:01		00:04:18	14,0Km/H	CIBLE 10km				
87,5%	00:44:14		00:04:25	13,6Km/H					
85%	00:45:32		00:04:33	13,2Km/H					
85%	01:36:05		00:04:33	13,2Km/H	CIBLE SEMI	échauffement	60% à 70%	00:06:27	9,3Km/H
82,5%	01:39:00		00:04:42	12,8Km/H		récup active	60%	00:06:27	9,3Km/H
80%	01:42:06		00:04:50	12,4Km/H		endurance fondamentale	70%	00:05:32	10,9Km/H
80%	03:24:12		00:04:50	12,4Km/H	CIBLE MARATH	endurance active	75%	00:05:10	11,6Km/H
77,5%	03:30:47		00:05:00	12,0Km/H					
75%	03:37:48		00:05:10	11,6Km/H					
72,5%	08:36:08		00:05:10	11,2Km/H	100KM				
70%	09:13:00		00:05:32	10,9Km/H					

	CIBLE SEMI											
	102%	100%	97%	95%	90%	85%	82,5%	80%	75%	70%	65%	60%
vitesse	15,8Km/H	15,5Km/H	15,0Km/H	14,7Km/H	14,0Km/H	13,2Km/H	12,8Km/H	12,4Km/H	11,6Km/H	10,9Km/H	10,1Km/H	9,3Km/H
allure min/km	00:03:48	00:03:52	00:03:59	00:04:04	00:04:18	00:04:33	00:04:42	00:04:50	00:05:10	00:05:32	00:05:57	00:06:27

chaque séance de VMA doit être précédée de 30 minutes d'échauffement	60% à 70% de VMA	distance	4,65 KM
chaque séance de VMA doit être suivie de 10 minutes de retour au calme	60% à 70% de VMA	distance	1,55 KM

	200M	300M	400M	500M	600M	800M	1000M	1500M	2000M	2500M	3000M
% de VMA	102%	100%	100%	97%	95%	90%	85%	82,50%	82,50%	82,50%	82,50%
temps	00:00:46	00:01:10	00:01:33	00:02:00	00:02:24	00:03:26	00:04:33	00:04:42	00:04:50	00:05:10	00:05:32
allure min/km	00:03:48	00:03:48	00:03:52	00:03:59	00:04:18	00:04:18	00:04:33	00:04:42	00:04:42	00:04:42	00:05:32