

VMA 18 Km/H

VMA	18,0Km/H
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temps cible		allure min/km		vitesse					
90%	00:37:02		00:03:42	16,2Km/H	CIBLE 10km				
87,5%	00:38:06		00:03:49	15,8Km/H					
85%	00:39:13		00:03:55	15,3Km/H					
85%	01:22:45		00:03:55	15,3Km/H	CIBLE SEMI	échauffement	60% à 70%	00:05:33	10,8Km/H
82,5%	01:25:15		00:04:02	14,9Km/H		récup active	60%	00:05:33	10,8Km/H
80%	01:27:55		00:04:10	14,4Km/H		endurance fondamentale	70%	00:04:46	12,6Km/H
80%	02:55:50		00:04:10	14,4Km/H	CIBLE MARATH	endurance active	75%	00:04:27	13,5Km/H
77,5%	03:01:30		00:04:18	14,0Km/H					
75%	03:07:33		00:04:27	13,5Km/H					
72,5%	07:24:27		00:04:27	13,1Km/H	100KM				
70%	07:56:11		00:04:46	12,6Km/H					

	102%	100%	97%	95%	90%	CIBLE SEMI			75%	70%	65%	60%
vitesse	18,4Km/H	18,0Km/H	17,5Km/H	17,1Km/H	16,2Km/H	15,3Km/H	14,9Km/H	14,4Km/H	13,5Km/H	12,6Km/H	11,7Km/H	10,8Km/H
allure min/km	00:03:16	00:03:20	00:03:26	00:03:31	00:03:42	00:03:55	00:04:02	00:04:10	00:04:27	00:04:46	00:05:08	00:05:33

chaque séance de VMA doit être précédée de 30 minutes d'échauffement	60% à 70% de VMA	distance	5,4 KM
chaque séance de VMA doit être suivie de 10 minutes de retour au calme	60% à 70% de VMA	distance	1,8 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	00:00:39	00:01:00	00:01:20	00:01:43	00:02:04	00:02:58	00:03:55	00:04:02	00:04:10	00:04:27	00:04:46
allure min/km	00:03:16	00:03:16	00:03:20	00:03:26	00:03:42	00:03:42	00:03:55	00:04:02	00:04:02	00:04:02	00:04:46