

VMA 12,5 Km/H

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temps cible		allure min/km		vitesse					
90%	00:53:20		00:05:20	11,3Km/H	CIBLE 10km				
87,5%	00:54:51		00:05:29	10,9Km/H					
85%	00:56:28		00:05:39	10,6Km/H					
85%	01:59:09		00:05:39	10,6Km/H	CIBLE SEMI	échauffement	60% à 70%	00:08:00	7,5Km/H
82,5%	02:02:46		00:05:49	10,3Km/H		récup active	60%	00:08:00	7,5Km/H
80%	02:06:36		00:06:00	10,0Km/H		endurance fondamentale	70%	00:06:51	8,8Km/H
80%	04:13:12		00:06:00	10,0Km/H	CIBLE MARATHH	endurance active	75%	00:06:24	9,4Km/H
77,5%	04:21:22		00:06:12	9,7Km/H					
75%	04:30:05		00:06:24	9,4Km/H					
72,5%	10:40:00		00:06:24	9,1Km/H	100KM				
70%	11:25:43		00:06:51	8,8Km/H					

	102%	100%	97%	95%	90%	CIBLE SEMI			75%	70%	65%	60%
vitesse	12,8Km/H	12,5Km/H	12,1Km/H	11,9Km/H	11,3Km/H	10,6Km/H	10,3Km/H	10,0Km/H	9,4Km/H	8,8Km/H	8,1Km/H	7,5Km/H
allure min/km	00:04:42	00:04:48	00:04:57	00:05:03	00:05:20	00:05:39	00:05:49	00:06:00	00:06:24	00:06:51	00:07:23	00:08:00

chaque séance de VMA doit être précédée de 30 minutes d'échauffement	60% à 70% de VMA	distance	3,75 KM
chaque séance de VMA doit être suivie de 10 minutes de retour au calme	60% à 70% de VMA	distance	1,25 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	00:00:56	00:01:26	00:01:55	00:02:28	00:02:58	00:04:16	00:05:39	00:05:49	00:06:00	00:06:24	00:06:51
allure min/km	00:04:42	00:04:42	00:04:48	00:04:57	00:05:20	00:05:20	00:05:39	00:05:49	00:05:49	00:05:49	00:06:51