

VMA 12 Km/H

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| VMA | 12,0Km/H |
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|-------------------|----------|---------------|----------|---------|----------|---------------|------------------------|-----------|----------|---------|
| temps cible 90% | 00:55:33 | allure min/km | 00:05:33 | vitesse | 10,8Km/H | CIBLE 10km | | | | |
| temps cible 87,5% | 00:57:09 | allure min/km | 00:05:43 | vitesse | 10,5Km/H | | | | | |
| temps cible 85% | 00:58:49 | allure min/km | 00:05:53 | vitesse | 10,2Km/H | | | | | |
| temps cible 85% | 02:04:07 | allure min/km | 00:05:53 | vitesse | 10,2Km/H | CIBLE SEMI | échauffement | 60% à 70% | 00:08:20 | 7,2Km/H |
| temps cible 82,5% | 02:07:53 | allure min/km | 00:06:04 | vitesse | 9,9Km/H | | récup active | 60% | 00:08:20 | 7,2Km/H |
| temps cible 80% | 02:11:52 | allure min/km | 00:06:15 | vitesse | 9,6Km/H | | endurance fondamentale | 70% | 00:07:09 | 8,4Km/H |
| temps cible 80% | 04:23:45 | allure min/km | 00:06:15 | vitesse | 9,6Km/H | CIBLE MARATHH | endurance active | 75% | 00:06:40 | 9,0Km/H |
| temps cible 77,5% | 04:32:15 | allure min/km | 00:06:27 | vitesse | 9,3Km/H | | | | | |
| temps cible 75% | 04:41:20 | allure min/km | 00:06:40 | vitesse | 9,0Km/H | | | | | |
| temps cible 72,5% | 11:06:40 | allure min/km | 00:06:40 | vitesse | 8,7Km/H | 100KM | | | | |
| temps cible 70% | 11:54:17 | allure min/km | 00:07:09 | vitesse | 8,4Km/H | | | | | |

| | 102% | 100% | 97% | 95% | 90% | CIBLE SEMI | | | 75% | 70% | 65% | 60% |
|---------------|----------|----------|----------|----------|----------|------------|----------|----------|----------|----------|----------|----------|
| vitesse | 12,2Km/H | 12,0Km/H | 11,6Km/H | 11,4Km/H | 10,8Km/H | 10,2Km/H | 9,9Km/H | 9,6Km/H | 9,0Km/H | 8,4Km/H | 7,8Km/H | 7,2Km/H |
| allure min/km | 00:04:54 | 00:05:00 | 00:05:09 | 00:05:16 | 00:05:33 | 00:05:53 | 00:06:04 | 00:06:15 | 00:06:40 | 00:07:09 | 00:07:42 | 00:08:20 |

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| chaque séance de VMA doit être précédée de 30 minutes d'échauffement | 60% à 70% de VMA | distance | 3,6 KM |
| chaque séance de VMA doit être suivie de 10 minutes de retour au calme | 60% à 70% de VMA | distance | 1,2 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 | 00:00:59 | 00:01:30 | 00:02:00 | 00:02:35 | 00:03:06 | 00:04:27 | 00:05:53 | 00:06:04 | 00:06:15 | 00:06:40 | 00:07:09 |
| allure min/km | 00:04:54 | 00:04:54 | 00:05:00 | 00:05:09 | 00:05:33 | 00:05:33 | 00:05:53 | 00:06:04 | 00:06:04 | 00:06:04 | 00:07:09 |