

# VMA 13 Km/H

VMA	13,0Km/H
-----	----------

temps cible		allure min/km		vitesse					
90%	00:51:17		00:05:08	11,7Km/H	CIBLE 10km				
87,5%	00:52:45		00:05:16	11,4Km/H					
85%	00:54:18		00:05:26	11,1Km/H					
85%	01:54:34		00:05:26	11,1Km/H	CIBLE SEMI	échauffement	60% à 70%	00:07:42	7,8Km/H
82,5%	01:58:03		00:05:36	10,7Km/H		récup active	60%	00:07:42	7,8Km/H
80%	02:01:44		00:05:46	10,4Km/H		endurance fondamentale	70%	00:06:36	9,1Km/H
80%	04:03:28		00:05:46	10,4Km/H	CIBLE MARATH	endurance active	75%	00:06:09	9,8Km/H
77,5%	04:11:19		00:05:57	10,1Km/H					
75%	04:19:42		00:06:09	9,8Km/H					
72,5%	10:15:23		00:06:09	9,4Km/H	100KM				
70%	10:59:20		00:06:36	9,1Km/H					

	102%	100%	97%	95%	90%	CIBLE SEMI			75%	70%	65%	60%
vitesse	13,3Km/H	13,0Km/H	12,6Km/H	12,4Km/H	11,7Km/H	11,1Km/H	10,7Km/H	10,4Km/H	9,8Km/H	9,1Km/H	8,5Km/H	7,8Km/H
allure min/km	00:04:31	00:04:37	00:04:45	00:04:51	00:05:08	00:05:26	00:05:36	00:05:46	00:06:09	00:06:36	00:07:06	00:07:42

chaque séance de VMA doit être précédée de 30 minutes d'échauffement	60% à 70% de VMA	distance	3,9 KM
chaque séance de VMA doit être suivie de 10 minutes de retour au calme	60% à 70% de VMA	distance	1,3 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	00:00:54	00:01:23	00:01:51	00:02:23	00:02:51	00:04:06	00:05:26	00:05:36	00:05:46	00:06:09	00:06:36
allure min/km	00:04:31	00:04:31	00:04:37	00:04:45	00:05:08	00:05:08	00:05:26	00:05:36	00:05:36	00:05:36	00:06:36