

# VMA 14 Km/H

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| VMA | 14,0Km/H |
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| temps cible |          | allure min/km |          | vitesse  |              |                        |           |          |          |
|-------------|----------|---------------|----------|----------|--------------|------------------------|-----------|----------|----------|
| 90%         | 00:47:37 |               | 00:04:46 | 12,6Km/H | CIBLE 10km   |                        |           |          |          |
| 87,5%       | 00:48:59 |               | 00:04:54 | 12,3Km/H |              |                        |           |          |          |
| 85%         | 00:50:25 |               | 00:05:03 | 11,9Km/H |              |                        |           |          |          |
| 85%         | 01:46:23 |               | 00:05:03 | 11,9Km/H | CIBLE SEMI   | échauffement           | 60% à 70% | 00:07:09 | 8,4Km/H  |
| 82,5%       | 01:49:37 |               | 00:05:12 | 11,6Km/H |              | récup active           | 60%       | 00:07:09 | 8,4Km/H  |
| 80%         | 01:53:02 |               | 00:05:21 | 11,2Km/H |              | endurance fondamentale | 70%       | 00:06:07 | 9,8Km/H  |
| 80%         | 03:46:04 |               | 00:05:21 | 11,2Km/H | CIBLE MARATH | endurance active       | 75%       | 00:05:43 | 10,5Km/H |
| 77,5%       | 03:53:22 |               | 00:05:32 | 10,9Km/H |              |                        |           |          |          |
| 75%         | 04:01:09 |               | 00:05:43 | 10,5Km/H |              |                        |           |          |          |
| 72,5%       | 09:31:26 |               | 00:05:43 | 10,2Km/H | 100KM        |                        |           |          |          |
| 70%         | 10:12:15 |               | 00:06:07 | 9,8Km/H  |              |                        |           |          |          |

|               | CIBLE SEMI |          |          |          |          |          |          |          |          |          |          |          |
|---------------|------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|               | 102%       | 100%     | 97%      | 95%      | 90%      | 85%      | 82,5%    | 80%      | 75%      | 70%      | 65%      | 60%      |
| vitesse       | 14,3Km/H   | 14,0Km/H | 13,6Km/H | 13,3Km/H | 12,6Km/H | 11,9Km/H | 11,6Km/H | 11,2Km/H | 10,5Km/H | 9,8Km/H  | 9,1Km/H  | 8,4Km/H  |
| allure min/km | 00:04:12   | 00:04:17 | 00:04:25 | 00:04:31 | 00:04:46 | 00:05:03 | 00:05:12 | 00:05:21 | 00:05:43 | 00:06:07 | 00:06:36 | 00:07:09 |

|  |                  |          |        |
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| chaque séance de VMA doit être précédée de 30 minutes d'échauffement   | 60% à 70% de VMA | distance | 4,2 KM |
| chaque séance de VMA doit être suivie de 10 minutes de retour au calme | 60% à 70% de VMA | distance | 1,4 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         | 00:00:50 | 00:01:17 | 00:01:43 | 00:02:13 | 00:02:39 | 00:03:49 | 00:05:03 | 00:05:12 | 00:05:21 | 00:05:43 | 00:06:07 |
| allure min/km | 00:04:12 | 00:04:12 | 00:04:17 | 00:04:25 | 00:04:46 | 00:04:46 | 00:05:03 | 00:05:12 | 00:05:12 | 00:05:12 | 00:06:07 |