

# VMA 15 Km/H

VMA	15,0Km/H
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temps cible		allure min/km		vitesse					
90%	00:44:27		00:04:27	13,5Km/H	CIBLE 10km				
87,5%	00:45:43		00:04:34	13,1Km/H					
85%	00:47:04		00:04:42	12,8Km/H					
85%	01:39:18		00:04:42	12,8Km/H	CIBLE SEMI	échauffement	60% à 70%	00:06:40	9,0Km/H
82,5%	01:42:18		00:04:51	12,4Km/H		récup active	60%	00:06:40	9,0Km/H
80%	01:45:30		00:05:00	12,0Km/H		endurance fondamentale	70%	00:05:43	10,5Km/H
80%	03:31:00		00:05:00	12,0Km/H	CIBLE MARATH	endurance active	75%	00:05:20	11,3Km/H
77,5%	03:37:48		00:05:10	11,6Km/H					
75%	03:45:04		00:05:20	11,3Km/H					
72,5%	08:53:20		00:05:20	10,9Km/H	100KM				
70%	09:31:26		00:05:43	10,5Km/H					

	CIBLE SEMI											
	102%	100%	97%	95%	90%	85%	82,5%	80%	75%	70%	65%	60%
vitesse	15,3Km/H	15,0Km/H	14,6Km/H	14,3Km/H	13,5Km/H	12,8Km/H	12,4Km/H	12,0Km/H	11,3Km/H	10,5Km/H	9,8Km/H	9,0Km/H
allure min/km	00:03:55	00:04:00	00:04:07	00:04:13	00:04:27	00:04:42	00:04:51	00:05:00	00:05:20	00:05:43	00:06:09	00:06:40

chaque séance de VMA doit être précédée de 30 minutes d'échauffement	60% à 70% de VMA	distance	4,5 KM
chaque séance de VMA doit être suivie de 10 minutes de retour au calme	60% à 70% de VMA	distance	1,5 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	00:00:47	00:01:12	00:01:36	00:02:04	00:02:28	00:03:33	00:04:42	00:04:51	00:05:00	00:05:20	00:05:43
allure min/km	00:03:55	00:03:55	00:04:00	00:04:07	00:04:27	00:04:27	00:04:42	00:04:51	00:04:51	00:04:51	00:05:43