

VMA 13,5 Km/H

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| VMA | 13,5Km/H |
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| temps cible | | allure min/km | | vitesse | | | | | |
|-------------|----------|---------------|----------|----------|---------------|------------------------|-----------|----------|----------|
| 90% | 00:49:23 | | 00:04:56 | 12,2Km/H | CIBLE 10km | | | | |
| 87,5% | 00:50:48 | | 00:05:05 | 11,8Km/H | | | | | |
| 85% | 00:52:17 | | 00:05:14 | 11,5Km/H | | | | | |
| 85% | 01:50:20 | | 00:05:14 | 11,5Km/H | CIBLE SEMI | échauffement | 60% à 70% | 00:07:24 | 8,1Km/H |
| 82,5% | 01:53:40 | | 00:05:23 | 11,1Km/H | | récup active | 60% | 00:07:24 | 8,1Km/H |
| 80% | 01:57:13 | | 00:05:33 | 10,8Km/H | | endurance fondamentale | 70% | 00:06:21 | 9,5Km/H |
| 80% | 03:54:27 | | 00:05:33 | 10,8Km/H | CIBLE MARATHH | endurance active | 75% | 00:05:56 | 10,1Km/H |
| 77,5% | 04:02:00 | | 00:05:44 | 10,5Km/H | | | | | |
| 75% | 04:10:04 | | 00:05:56 | 10,1Km/H | | | | | |
| 72,5% | 09:52:36 | | 00:05:56 | 9,8Km/H | 100KM | | | | |
| 70% | 10:34:55 | | 00:06:21 | 9,5Km/H | | | | | |

| | 102% | 100% | 97% | 95% | 90% | CIBLE SEMI | | | 75% | 70% | 65% | 60% |
|---------------|----------|----------|----------|----------|----------|------------|----------|----------|----------|----------|----------|----------|
| vitesse | 13,8Km/H | 13,5Km/H | 13,1Km/H | 12,8Km/H | 12,2Km/H | 11,5Km/H | 11,1Km/H | 10,8Km/H | 10,1Km/H | 9,5Km/H | 8,8Km/H | 8,1Km/H |
| allure min/km | 00:04:21 | 00:04:27 | 00:04:35 | 00:04:41 | 00:04:56 | 00:05:14 | 00:05:23 | 00:05:33 | 00:05:56 | 00:06:21 | 00:06:50 | 00:07:24 |

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| chaque séance de VMA doit être précédée de 30 minutes d'échauffement | 60% à 70% de VMA | distance | 4,05 KM |
| chaque séance de VMA doit être suivie de 10 minutes de retour au calme | 60% à 70% de VMA | distance | 1,35 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 | 00:00:52 | 00:01:20 | 00:01:47 | 00:02:17 | 00:02:45 | 00:03:57 | 00:05:14 | 00:05:23 | 00:05:33 | 00:05:56 | 00:06:21 |
| allure min/km | 00:04:21 | 00:04:21 | 00:04:27 | 00:04:35 | 00:04:56 | 00:04:56 | 00:05:14 | 00:05:23 | 00:05:23 | 00:05:23 | 00:06:21 |