

VMA 17 Km/H

VMA	17,0Km/H
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temps cible		allure min/km		vitesse					
90%	00:39:13		00:03:55	15,3Km/H	CIBLE 10km				
87,5%	00:40:20		00:04:02	14,9Km/H					
85%	00:41:31		00:04:09	14,5Km/H					
85%	01:27:37		00:04:09	14,5Km/H	CIBLE SEMI	échauffement	60% à 70%	00:05:53	10,2Km/H
82,5%	01:30:16		00:04:17	14,0Km/H		récup active	60%	00:05:53	10,2Km/H
80%	01:33:05		00:04:25	13,6Km/H		endurance fondamentale	70%	00:05:03	11,9Km/H
80%	03:06:11		00:04:25	13,6Km/H	CIBLE MARATH	endurance active	75%	00:04:42	12,8Km/H
77,5%	03:12:11		00:04:33	13,2Km/H					
75%	03:18:35		00:04:42	12,8Km/H					
72,5%	07:50:35		00:04:42	12,3Km/H	100KM				
70%	08:24:12		00:05:03	11,9Km/H					

	CIBLE SEMI											
	102%	100%	97%	95%	90%	85%	82,5%	80%	75%	70%	65%	60%
vitesse	17,3Km/H	17,0Km/H	16,5Km/H	16,2Km/H	15,3Km/H	14,5Km/H	14,0Km/H	13,6Km/H	12,8Km/H	11,9Km/H	11,1Km/H	10,2Km/H
allure min/km	00:03:28	00:03:32	00:03:38	00:03:43	00:03:55	00:04:09	00:04:17	00:04:25	00:04:42	00:05:03	00:05:26	00:05:53

chaque séance de VMA doit être précédée de 30 minutes d'échauffement	60% à 70% de VMA	distance	5,1 KM
chaque séance de VMA doit être suivie de 10 minutes de retour au calme	60% à 70% de VMA	distance	1,7 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	00:00:42	00:01:04	00:01:25	00:01:49	00:02:11	00:03:08	00:04:09	00:04:17	00:04:25	00:04:42	00:05:03
allure min/km	00:03:28	00:03:28	00:03:32	00:03:38	00:03:55	00:03:55	00:04:09	00:04:17	00:04:17	00:04:17	00:05:03