

# VMA 18,5 Km/H

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temps cible		allure min/km		vitesse					
90%	00:36:02		00:03:36	16,7Km/H	CIBLE 10km				
87,5%	00:37:04		00:03:42	16,2Km/H					
85%	00:38:09		00:03:49	15,7Km/H					
85%	01:20:31		00:03:49	15,7Km/H	CIBLE SEMI	échauffement	60% à 70%	00:05:24	11,1Km/H
82,5%	01:22:57		00:03:56	15,3Km/H		récup active	60%	00:05:24	11,1Km/H
80%	01:25:32		00:04:03	14,8Km/H		endurance fondamentale	70%	00:04:38	13,0Km/H
80%	02:51:05		00:04:03	14,8Km/H	CIBLE MARATH	endurance active	75%	00:04:19	13,9Km/H
77,5%	02:56:36		00:04:11	14,3Km/H					
75%	03:02:29		00:04:19	13,9Km/H					
72,5%	07:12:26		00:04:19	13,4Km/H	100KM				
70%	07:43:19		00:04:38	13,0Km/H					

	CIBLE SEMI											
	102%	100%	97%	95%	90%	85%	82,5%	80%	75%	70%	65%	60%
vitesse	18,9Km/H	18,5Km/H	17,9Km/H	17,6Km/H	16,7Km/H	15,7Km/H	15,3Km/H	14,8Km/H	13,9Km/H	13,0Km/H	12,0Km/H	11,1Km/H
allure min/km	00:03:11	00:03:15	00:03:21	00:03:25	00:03:36	00:03:49	00:03:56	00:04:03	00:04:19	00:04:38	00:04:59	00:05:24

chaque séance de VMA doit être précédée de 30 minutes d'échauffement	60% à 70% de VMA	distance	5,55 KM
chaque séance de VMA doit être suivie de 10 minutes de retour au calme	60% à 70% de VMA	distance	1,85 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	00:00:38	00:00:58	00:01:18	00:01:40	00:02:00	00:02:53	00:03:49	00:03:56	00:04:03	00:04:19	00:04:38
allure min/km	00:03:11	00:03:11	00:03:15	00:03:21	00:03:36	00:03:36	00:03:49	00:03:56	00:03:56	00:03:56	00:04:38