

VMA 19 Km/H

VMA	19,0Km/H
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temps cible		allure min/km		vitesse					
90%	00:35:05		00:03:31	17,1Km/H	CIBLE 10km				
87,5%	00:36:05		00:03:37	16,6Km/H					
85%	00:37:09		00:03:43	16,2Km/H					
85%	01:18:23		00:03:43	16,2Km/H	CIBLE SEMI	échauffement	60% à 70%	00:05:16	11,4Km/H
82,5%	01:20:46		00:03:50	15,7Km/H		récup active	60%	00:05:16	11,4Km/H
80%	01:23:17		00:03:57	15,2Km/H		endurance fondamentale	70%	00:04:31	13,3Km/H
80%	02:46:35		00:03:57	15,2Km/H	CIBLE MARATH	endurance active	75%	00:04:13	14,3Km/H
77,5%	02:51:57		00:04:04	14,7Km/H					
75%	02:57:41		00:04:13	14,3Km/H					
72,5%	07:01:03		00:04:13	13,8Km/H	100KM				
70%	07:31:08		00:04:31	13,3Km/H					

	CIBLE SEMI											
	102%	100%	97%	95%	90%	85%	82,5%	80%	75%	70%	65%	60%
vitesse	19,4Km/H	19,0Km/H	18,4Km/H	18,1Km/H	17,1Km/H	16,2Km/H	15,7Km/H	15,2Km/H	14,3Km/H	13,3Km/H	12,4Km/H	11,4Km/H
allure min/km	00:03:06	00:03:09	00:03:15	00:03:19	00:03:31	00:03:43	00:03:50	00:03:57	00:04:13	00:04:31	00:04:51	00:05:16

chaque séance de VMA doit être précédée de 30 minutes d'échauffement	60% à 70% de VMA	distance	5,7 KM
chaque séance de VMA doit être suivie de 10 minutes de retour au calme	60% à 70% de VMA	distance	1,9 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	00:00:37	00:00:57	00:01:16	00:01:38	00:01:57	00:02:48	00:03:43	00:03:50	00:03:57	00:04:13	00:04:31
allure min/km	00:03:06	00:03:06	00:03:09	00:03:15	00:03:31	00:03:31	00:03:43	00:03:50	00:03:50	00:03:50	00:04:31