

VMA 19,5 Km/H

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temps cible		allure min/km		vitesse					
90%	00:34:11		00:03:25	17,6Km/H	CIBLE 10km				
87,5%	00:35:10		00:03:31	17,1Km/H					
85%	00:36:12		00:03:37	16,6Km/H					
85%	01:16:23		00:03:37	16,6Km/H	CIBLE SEMI	échauffement	60% à 70%	00:05:08	11,7Km/H
82,5%	01:18:42		00:03:44	16,1Km/H		récup active	60%	00:05:08	11,7Km/H
80%	01:21:09		00:03:51	15,6Km/H		endurance fondamentale	70%	00:04:24	13,7Km/H
80%	02:42:18		00:03:51	15,6Km/H	CIBLE MARATH	endurance active	75%	00:04:06	14,6Km/H
77,5%	02:47:33		00:03:58	15,1Km/H					
75%	02:53:08		00:04:06	14,6Km/H					
72,5%	06:50:15		00:04:06	14,1Km/H	100KM				
70%	07:19:34		00:04:24	13,7Km/H					

	CIBLE SEMI											
	102%	100%	97%	95%	90%	85%	82,5%	80%	75%	70%	65%	60%
vitesse	19,9Km/H	19,5Km/H	18,9Km/H	18,5Km/H	17,6Km/H	16,6Km/H	16,1Km/H	15,6Km/H	14,6Km/H	13,7Km/H	12,7Km/H	11,7Km/H
allure min/km	00:03:01	00:03:05	00:03:10	00:03:14	00:03:25	00:03:37	00:03:44	00:03:51	00:04:06	00:04:24	00:04:44	00:05:08

chaque séance de VMA doit être précédée de 30 minutes d'échauffement	60% à 70% de VMA	distance	5,85 KM
chaque séance de VMA doit être suivie de 10 minutes de retour au calme	60% à 70% de VMA	distance	1,95 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	00:00:36	00:00:55	00:01:14	00:01:35	00:01:54	00:02:44	00:03:37	00:03:44	00:03:51	00:04:06	00:04:24
allure min/km	00:03:01	00:03:01	00:03:05	00:03:10	00:03:25	00:03:25	00:03:37	00:03:44	00:03:44	00:03:44	00:04:24