

VMA 20 Km/H

VMA	20,0Km/H
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temps cible		allure min/km		vitesse					
90%	00:33:20		00:03:20	18,0Km/H	CIBLE 10km				
87,5%	00:34:17		00:03:26	17,5Km/H					
85%	00:35:18		00:03:32	17,0Km/H					
85%	01:14:28		00:03:32	17,0Km/H	CIBLE SEMI	échauffement	60% à 70%	00:05:00	12,0Km/H
82,5%	01:16:44		00:03:38	16,5Km/H		récup active	60%	00:05:00	12,0Km/H
80%	01:19:08		00:03:45	16,0Km/H		endurance fondamentale	70%	00:04:17	14,0Km/H
80%	02:38:15		00:03:45	16,0Km/H	CIBLE MARATH	endurance active	75%	00:04:00	15,0Km/H
77,5%	02:43:21		00:03:52	15,5Km/H					
75%	02:48:48		00:04:00	15,0Km/H					
72,5%	06:40:00		00:04:00	14,5Km/H	100KM				
70%	07:08:34		00:04:17	14,0Km/H					

	CIBLE SEMI											
	102%	100%	97%	95%	90%	85%	82,5%	80%	75%	70%	65%	60%
vitesse	20,4Km/H	20,0Km/H	19,4Km/H	19,0Km/H	18,0Km/H	17,0Km/H	16,5Km/H	16,0Km/H	15,0Km/H	14,0Km/H	13,0Km/H	12,0Km/H
allure min/km	00:02:56	00:03:00	00:03:06	00:03:09	00:03:20	00:03:32	00:03:38	00:03:45	00:04:00	00:04:17	00:04:37	00:05:00

chaque séance de VMA doit être précédée de 30 minutes d'échauffement	60% à 70% de VMA	distance	6 KM
chaque séance de VMA doit être suivie de 10 minutes de retour au calme	60% à 70% de VMA	distance	2 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	00:00:35	00:00:54	00:01:12	00:01:33	00:01:51	00:02:40	00:03:32	00:03:38	00:03:45	00:04:00	00:04:17
allure min/km	00:02:56	00:02:56	00:03:00	00:03:06	00:03:20	00:03:20	00:03:32	00:03:38	00:03:38	00:03:38	00:04:17