



REALISE PAR LA CELLULE PLAN D'ENTRAINEMENT

Temps à réaliser en fonction de la VMA

% VMA	100%	100%	99%	97%	95%	93%
Distance (m)	200	250	300	400	500	600
VMA (kmh)	tps	tps	tps	tps	tps	tps
23,0	00:31,3	00:39,1	00:47,4	01:04,5	01:22,4	01:41,0
22,5	00:32,0	00:40,0	00:48,5	01:06,0	01:24,2	01:43,2
22,0	00:32,7	00:40,9	00:49,6	01:07,5	01:26,1	01:45,6
21,5	00:33,5	00:41,9	00:50,7	01:09,0	01:28,1	01:48,0
21,0	00:34,3	00:42,9	00:51,9	01:10,7	01:30,2	01:50,6
20,5	00:35,1	00:43,9	00:53,2	01:12,4	01:32,4	01:53,3
20,0	00:36,0	00:45,0	00:54,5	01:14,2	01:34,7	01:56,1
19,5	00:36,9	00:46,2	00:55,9	01:16,1	01:37,2	01:59,1
19,0	00:37,9	00:47,4	00:57,4	01:18,1	01:39,7	02:02,2
18,5	00:38,9	00:48,6	00:59,0	01:20,2	01:42,4	02:05,5
18,0	00:40,0	00:50,0	01:00,6	01:22,5	01:45,3	02:09,0
17,5	00:41,1	00:51,4	01:02,3	01:24,8	01:48,3	02:12,7
17,0	00:42,4	00:52,9	01:04,2	01:27,3	01:51,5	02:16,6
16,5	00:43,6	00:54,5	01:06,1	01:30,0	01:54,8	02:20,8
16,0	00:45,0	00:56,3	01:08,2	01:32,8	01:58,4	02:25,2
15,5	00:46,5	00:58,1	01:10,4	01:35,8	02:02,2	02:29,8
15,0	00:48,0	01:00,0	01:12,7	01:39,0	02:06,3	02:34,8
14,5	00:49,7	01:02,1	01:15,2	01:42,4	02:10,7	02:40,2
14,0	00:51,4	01:04,3	01:17,9	01:46,0	02:15,3	02:45,9
13,5	00:53,3	01:06,7	01:20,8	01:50,0	02:20,4	02:52,0
13,0	00:55,4	01:09,2	01:23,9	01:54,2	02:25,7	02:58,7
12,5	00:57,6	01:12,0	01:27,3	01:58,8	02:31,6	03:05,8
12,0	01:00,0	01:15,0	01:30,9	02:03,7	02:37,9	03:13,5
11,5	01:02,6	01:18,3	01:34,9	02:09,1	02:44,8	03:22,0
11,0	01:05,5	01:21,8	01:39,2	02:15,0	02:52,2	03:31,1
10,5	01:08,6	01:25,7	01:43,9	02:21,4	03:00,5	03:41,2
10,0	01:12,0	01:30,0	01:49,1	02:28,5	03:09,5	03:52,3