

Allure en % de VMA sur Piste

	100 m			200 m			300 m			400 m			500 m			600 m		
VMA	100%	105%	110%	100%	105%	110%	95%	100%	105%	95%	100%	105%	90%	95%	100%	90%	95%	100%
9	00:40	00:38	00:36	01:20	01:16	01:13	02:06	02:00	01:54	02:48	02:40	02:32	03:42	03:31	03:20	04:27	04:13	04:00
9,5	00:38	00:36	00:34	01:16	01:12	01:09	02:00	01:54	01:48	02:40	02:32	02:24	03:31	03:19	03:09	04:13	03:59	03:47
10	00:36	00:34	00:33	01:12	01:09	01:05	01:54	01:48	01:43	02:32	02:24	02:17	03:20	03:09	03:00	04:00	03:47	03:36
10,5	00:34	00:33	00:31	01:09	01:05	01:02	01:48	01:43	01:38	02:24	02:17	02:11	03:10	03:00	02:51	03:49	03:37	03:26
11	00:33	00:31	00:30	01:05	01:02	01:00	01:43	01:38	01:34	02:18	02:11	02:05	03:02	02:52	02:44	03:38	03:27	03:16
11,5	00:31	00:30	00:28	01:03	01:00	00:57	01:39	01:34	01:29	02:12	02:05	01:59	02:54	02:45	02:37	03:29	03:18	03:08
12	00:30	00:29	00:27	01:00	00:57	00:55	01:35	01:30	01:26	02:06	02:00	01:54	02:47	02:38	02:30	03:20	03:09	03:00
12,5	00:29	00:27	00:26	00:58	00:55	00:52	01:31	01:26	01:22	02:01	01:55	01:50	02:40	02:32	02:24	03:12	03:02	02:53
13	00:28	00:26	00:25	00:55	00:53	00:50	01:27	01:23	01:19	01:57	01:51	01:45	02:34	02:26	02:18	03:05	02:55	02:46
13,5	00:27	00:25	00:24	00:53	00:51	00:48	01:24	01:20	01:16	01:52	01:47	01:42	02:28	02:20	02:13	02:58	02:48	02:40
14	00:26	00:24	00:23	00:51	00:49	00:47	01:21	01:17	01:13	01:48	01:43	01:38	02:23	02:15	02:09	02:51	02:42	02:34
14,5	00:25	00:24	00:23	00:50	00:47	00:45	01:18	01:14	01:11	01:45	01:39	01:35	02:18	02:11	02:04	02:46	02:37	02:29
15	00:24	00:23	00:22	00:48	00:46	00:44	01:16	01:12	01:09	01:41	01:36	01:31	02:13	02:06	02:00	02:40	02:32	02:24
15,5	00:23	00:22	00:21	00:46	00:44	00:42	01:13	01:10	01:06	01:38	01:33	01:28	02:09	02:02	01:56	02:35	02:27	02:19
16	00:23	00:21	00:20	00:45	00:43	00:41	01:11	01:07	01:04	01:35	01:30	01:26	02:05	01:58	01:52	02:30	02:22	02:15
16,5	00:22	00:21	00:20	00:44	00:42	00:40	01:09	01:05	01:02	01:32	01:27	01:23	02:01	01:55	01:49	02:25	02:18	02:11
17	00:21	00:20	00:19	00:42	00:40	00:39	01:07	01:04	01:01	01:29	01:25	01:21	01:58	01:51	01:46	02:21	02:14	02:07
17,5	00:21	00:20	00:19	00:41	00:39	00:37	01:05	01:02	00:59	01:27	01:22	01:18	01:54	01:48	01:43	02:17	02:10	02:03
18	00:20	00:19	00:18	00:40	00:38	00:36	01:03	01:00	00:57	01:24	01:20	01:16	01:51	01:45	01:40	02:13	02:06	02:00
18,5	00:19	00:19	00:18	00:39	00:37	00:35	01:01	00:58	00:56	01:22	01:18	01:14	01:48	01:42	01:37	02:10	02:03	01:57
19	00:19	00:18	00:17	00:38	00:36	00:34	01:00	00:57	00:54	01:20	01:16	01:12	01:45	01:40	01:35	02:06	02:00	01:54
19,5	00:18	00:18	00:17	00:37	00:35	00:34	00:58	00:55	00:53	01:18	01:14	01:10	01:43	01:37	01:32	02:03	01:57	01:51
20	00:18	00:17	00:16	00:36	00:34	00:33	00:57	00:54	00:51	01:16	01:12	01:09	01:40	01:35	01:30	02:00	01:54	01:48
20,5	00:18	00:17	00:16	00:35	00:33	00:32	00:55	00:53	00:50	01:14	01:10	01:07	01:38	01:32	01:28	01:57	01:51	01:45
21	00:17	00:16	00:16	00:34	00:33	00:31	00:54	00:51	00:49	01:12	01:09	01:05	01:35	01:30	01:26	01:54	01:48	01:43

Allure en % de VMA sur Piste

	800 m			1000 m			1200 m			1500 m			2000 m			5000 m		
VMA	95%	90%	95%	85%	90%	95%	95%	90%	95%	85%	90%	95%	80%	85%	90%	80%	85%	90%
9	05:37	05:56	05:37	07:51	07:24	07:01	08:25	08:53	08:25	11:46	11:07	10:32	16:40	15:41	14:49	41:40	39:13	37:02
9,5	05:19	05:37	05:19	07:26	07:01	06:39	07:59	08:25	07:59	11:09	10:32	09:58	15:47	14:52	14:02	39:28	37:09	35:05
10	05:03	05:20	05:03	07:04	06:40	06:19	07:35	08:00	07:35	10:35	10:00	09:28	15:00	14:07	13:20	37:30	35:18	33:20
10,5	04:49	05:05	04:49	06:43	06:21	06:01	07:13	07:37	07:13	10:05	09:31	09:01	14:17	13:27	12:42	35:43	33:37	31:45
11	04:36	04:51	04:36	06:25	06:04	05:44	06:53	07:16	06:53	09:38	09:05	08:37	13:38	12:50	12:07	34:05	32:05	30:18
11,5	04:24	04:38	04:24	06:08	05:48	05:30	06:35	06:57	06:35	09:12	08:42	08:14	13:03	12:17	11:36	32:37	30:41	28:59
12	04:13	04:27	04:13	05:53	05:33	05:16	06:19	06:40	06:19	08:49	08:20	07:54	12:30	11:46	11:07	31:15	29:25	27:47
12,5	04:03	04:16	04:03	05:39	05:20	05:03	06:04	06:24	06:04	08:28	08:00	07:35	12:00	11:18	10:40	30:00	28:14	26:40
13	03:53	04:06	03:53	05:26	05:08	04:51	05:50	06:09	05:50	08:09	07:42	07:17	11:32	10:52	10:15	28:51	27:09	25:38
13,5	03:45	03:57	03:45	05:14	04:56	04:41	05:37	05:56	05:37	07:51	07:24	07:01	11:07	10:27	09:53	27:47	26:09	24:41
14	03:37	03:49	03:37	05:03	04:46	04:31	05:25	05:43	05:25	07:34	07:09	06:46	10:43	10:05	09:31	26:47	25:13	23:49
14,5	03:29	03:41	03:29	04:52	04:36	04:21	05:14	05:31	05:14	07:18	06:54	06:32	10:21	09:44	09:12	25:52	24:20	22:59
15	03:22	03:33	03:22	04:42	04:27	04:13	05:03	05:20	05:03	07:04	06:40	06:19	10:00	09:25	08:53	25:00	23:32	22:13
15,5	03:16	03:26	03:16	04:33	04:18	04:04	04:53	05:10	04:53	06:50	06:27	06:07	09:41	09:06	08:36	24:12	22:46	21:30
16	03:09	03:20	03:09	04:25	04:10	03:57	04:44	05:00	04:44	06:37	06:15	05:55	09:22	08:49	08:20	23:26	22:04	20:50
16,5	03:04	03:14	03:04	04:17	04:02	03:50	04:36	04:51	04:36	06:25	06:04	05:44	09:05	08:33	08:05	22:44	21:23	20:12
17	02:58	03:08	02:58	04:09	03:55	03:43	04:27	04:42	04:27	06:14	05:53	05:34	08:49	08:18	07:51	22:04	20:46	19:36
17,5	02:53	03:03	02:53	04:02	03:49	03:37	04:20	04:34	04:20	06:03	05:43	05:25	08:34	08:04	07:37	21:26	20:10	19:03
18	02:48	02:58	02:48	03:55	03:42	03:31	04:13	04:27	04:13	05:53	05:33	05:16	08:20	07:51	07:24	20:50	19:36	18:31
18,5	02:44	02:53	02:44	03:49	03:36	03:25	04:06	04:19	04:06	05:43	05:24	05:07	08:06	07:38	07:12	20:16	19:05	18:01
19	02:40	02:48	02:40	03:43	03:31	03:19	03:59	04:13	03:59	05:34	05:16	04:59	07:54	07:26	07:01	19:44	18:35	17:33
19,5	02:35	02:44	02:35	03:37	03:25	03:14	03:53	04:06	03:53	05:26	05:08	04:51	07:42	07:14	06:50	19:14	18:06	17:06
20	02:32	02:40	02:32	03:32	03:20	03:09	03:47	04:00	03:47	05:18	05:00	04:44	07:30	07:04	06:40	18:45	17:39	16:40
20,5	02:28	02:36	02:28	03:27	03:15	03:05	03:42	03:54	03:42	05:10	04:53	04:37	07:19	06:53	06:30	18:18	17:13	16:16
21	02:24	02:32	02:24	03:22	03:10	03:00	03:37	03:49	03:37	05:03	04:46	04:31	07:09	06:43	06:21	17:51	16:48	15:52

Allure en % de VMA sur zone des 1050m

VMA	1050 m				2100 m				3150 m				4200 m				5250 m			
	85%	87%	90%	92%	85%	87%	90%	92%	85%	87%	90%	92%	80%	85%	87%	92%	80%	85%	87%	92%
9	08:14	08:03	07:47	07:37	16:28	16:06	15:33	15:13	24:42	24:08	23:20	22:50	35:00	32:56	32:11	30:26	43:45	41:11	40:14	38:03
9,5	07:48	07:37	07:22	07:12	15:36	15:15	14:44	14:25	23:24	22:52	22:06	21:37	33:09	31:12	30:29	28:50	41:27	39:01	38:07	36:02
10	07:25	07:14	07:00	06:51	14:49	14:29	14:00	13:42	22:14	21:43	21:00	20:33	31:30	29:39	28:58	27:23	39:22	37:04	36:12	34:14
10,5	07:04	06:54	06:40	06:31	14:07	13:48	13:20	13:03	21:11	20:41	20:00	19:34	30:00	28:14	27:35	26:05	37:30	35:18	34:29	32:37
11	06:44	06:35	06:22	06:14	13:29	13:10	12:44	12:27	20:13	19:45	19:05	18:41	28:38	26:57	26:20	24:54	35:48	33:41	32:55	31:08
11,5	06:27	06:18	06:05	05:57	12:53	12:36	12:10	11:55	19:20	18:53	18:16	17:52	27:23	25:47	25:11	23:49	34:14	32:14	31:29	29:46
12	06:11	06:02	05:50	05:42	12:21	12:04	11:40	11:25	18:32	18:06	17:30	17:07	26:15	24:42	24:08	22:50	32:49	30:53	30:10	28:32
12,5	05:56	05:48	05:36	05:29	11:52	11:35	11:12	10:57	17:47	17:23	16:48	16:26	25:12	23:43	23:10	21:55	31:30	29:39	28:58	27:23
13	05:42	05:34	05:23	05:16	11:24	11:08	10:46	10:32	17:06	16:43	16:09	15:48	24:14	22:48	22:17	21:04	30:17	28:30	27:51	26:20
13,5	05:29	05:22	05:11	05:04	10:59	10:44	10:22	10:09	16:28	16:06	15:33	15:13	23:20	21:58	21:27	20:17	29:10	27:27	26:49	25:22
14	05:18	05:10	05:00	04:53	10:35	10:21	10:00	09:47	15:53	15:31	15:00	14:40	22:30	21:11	20:41	19:34	28:07	26:28	25:52	24:27
14,5	05:07	05:00	04:50	04:43	10:13	09:59	09:39	09:27	15:20	14:59	14:29	14:10	21:43	20:27	19:59	18:53	27:09	25:33	24:58	23:37
15	04:56	04:50	04:40	04:34	09:53	09:39	09:20	09:08	14:49	14:29	14:00	13:42	21:00	19:46	19:19	18:16	26:15	24:42	24:08	22:50
15,5	04:47	04:40	04:31	04:25	09:34	09:21	09:02	08:50	14:21	14:01	13:33	13:15	20:19	19:08	18:41	17:40	25:24	23:55	23:22	22:05
16	04:38	04:32	04:23	04:17	09:16	09:03	08:45	08:34	13:54	13:35	13:08	12:50	19:41	18:32	18:06	17:07	24:37	23:10	22:38	21:24
16,5	04:30	04:23	04:15	04:09	08:59	08:47	08:29	08:18	13:29	13:10	12:44	12:27	19:05	17:58	17:33	16:36	23:52	22:28	21:57	20:45
17	04:22	04:16	04:07	04:02	08:43	08:31	08:14	08:03	13:05	12:47	12:21	12:05	18:32	17:26	17:02	16:07	23:10	21:48	21:18	20:08
17,5	04:14	04:08	04:00	03:55	08:28	08:17	08:00	07:50	12:42	12:25	12:00	11:44	18:00	16:56	16:33	15:39	22:30	21:11	20:41	19:34
18	04:07	04:01	03:53	03:48	08:14	08:03	07:47	07:37	12:21	12:04	11:40	11:25	17:30	16:28	16:06	15:13	21:52	20:35	20:07	19:01
18,5	04:00	03:55	03:47	03:42	08:01	07:50	07:34	07:24	12:01	11:45	11:21	11:06	17:02	16:02	15:39	14:48	21:17	20:02	19:34	18:30
19	03:54	03:49	03:41	03:36	07:48	07:37	07:22	07:12	11:42	11:26	11:03	10:49	16:35	15:36	15:15	14:25	20:43	19:30	19:03	18:01
19,5	03:48	03:43	03:35	03:31	07:36	07:26	07:11	07:01	11:24	11:08	10:46	10:32	16:09	15:12	14:51	14:03	20:12	19:00	18:34	17:34
20	03:42	03:37	03:30	03:25	07:25	07:14	07:00	06:51	11:07	10:52	10:30	10:16	15:45	14:49	14:29	13:42	19:41	18:32	18:06	17:07
20,5	03:37	03:32	03:25	03:20	07:14	07:04	06:50	06:41	10:51	10:36	10:15	10:01	15:22	14:28	14:08	13:22	19:12	18:05	17:40	16:42
21	03:32	03:27	03:20	03:16	07:04	06:54	06:40	06:31	10:35	10:21	10:00	09:47	15:00	14:07	13:48	13:03	18:45	17:39	17:14	16:18

Allure en % de VMA - Mode d'emploi -

Qu'est ce que la VMA ?

C'est la Vitesse Maximale Aérobie, c'est la vitesse de course pour laquelle nos muscles consomment le maximum d'oxygène pendant l'effort.

Concrètement, c'est la vitesse maximale que l'on peut tenir en courant 5 à 6 min.

Comment on l'obtient ?

Plusieurs méthodes, la plus précise étant le test VAMEVAL.

C'est un test de course à pied fait sur la piste d'athlétisme où l'effort sera progressif et étagé par des paliers de vitesse d'une minute chacun. Le dernier palier de vitesse atteint sera votre VMA.

A quoi cela sert-il ?

On a tous notre propre VMA. Elle permet donc à l'entraîneur d'adapter au mieux l'entraînement suivant le niveau de chacun.

En effet, coureur confirmé ou débutant, l'alternance de séances de footing et séances rythmées et répétitives permet une progression et efface la sensation de stagner (et la frustration qui va avec).

Comment utiliser le tableau ?

Sur la ligne de sa VMA, on relève le temps qui correspond au pourcentage de VMA sur la distance donnée.

	100 m			200 m			300 m		
VMA	100%	105%	110%	100%	105%	110%	95%	100%	110%
9	00:40	00:38	00:36	01:20	01:16	01:13	02:06	02:00	01:54
9,5	00:38	00:36	00:34	01:16	01:12	01:09	02:00	01:54	01:48
10	00:36	00:34	00:33	01:12	01:09	01:05	01:54	01:48	01:43
10,5	00:34	00:33	00:31	01:09	01:05	01:02	01:48	01:43	01:38
11	00:33	00:31	00:30	01:05	01:02	01:00	01:43	01:38	01:34
11,5	00:31	00:30	00:28	01:03	01:00	00:57	01:39	01:34	01:30
12	00:30	00:29	00:27	01:00	00:57	00:55	01:35	01:30	01:26
12,5	00:29	00:27	00:26	00:58	00:55	00:52	01:31	01:26	01:23
13	00:28	00:26	00:25	00:55	00:53	00:50	01:27	01:23	01:20

Exemple :

un 200 m à 105% pour une VMA de 12 km/h
devra être couru en 57 secondes