

		VMA	10,5	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:38,96	01:17,93	02:35,86	03:53,78	05:11,71	06:29,64	09:44,46	12:59,28	19:28,92	
90	00:38,10	01:16,20	02:32,39	03:48,59	05:04,79	06:20,98	09:31,47	12:41,97	19:02,95	
95	00:36,09	01:12,19	02:24,37	03:36,56	04:48,74	06:00,93	09:01,40	12:01,86	18:02,79	
100	00:34,29	01:08,58	02:17,15	03:25,73	04:34,31	05:42,88	08:34,33	11:25,77	17:08,65	
105	00:32,66	01:05,31	02:10,62	03:15,93	04:21,25	05:26,56	08:09,84	10:53,11	16:19,67	
110	00:31,17	01:02,34	02:04,69	03:07,03	04:09,37	05:11,71	07:47,57	10:23,43	15:35,14	
%	88			88						
distance :	4000	Temps :		25:58,57	5000	Temps :		32:28,2	10 km: 1h04'56"	

		VMA	11	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:37,19	01:14,39	02:28,77	03:43,16	04:57,54	06:11,93	09:17,90	12:23,86	18:35,79	
90	00:36,37	01:12,73	02:25,47	03:38,20	04:50,93	06:03,67	09:05,50	12:07,33	18:11,00	
95	00:34,45	01:08,91	02:17,81	03:26,72	04:35,62	05:44,53	08:36,79	11:29,05	17:13,58	
100	00:32,73	01:05,46	02:10,92	03:16,38	04:21,84	05:27,30	08:10,95	10:54,60	16:21,90	
105	00:31,17	01:02,34	02:04,69	03:07,03	04:09,37	05:11,71	07:47,57	10:23,43	15:35,14	
110	00:29,75	00:59,51	01:59,02	02:58,53	03:58,04	04:57,54	07:26,32	09:55,09	14:52,63	
%	88			88						
distance :	4000	Temps :		24:47,72	5000	Temps :		30:59,7	10 km: 1h01'59"	

		VMA	11,5	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:35,58	01:11,15	02:22,30	03:33,46	04:44,61	05:55,76	08:53,64	11:51,52	17:47,28	
90	00:34,79	01:09,57	02:19,14	03:28,71	04:38,28	05:47,85	08:41,78	11:35,71	17:23,56	
95	00:32,95	01:05,91	02:11,82	03:17,73	04:23,64	05:29,55	08:14,32	10:59,09	16:28,64	
100	00:31,31	01:02,61	02:05,23	03:07,84	04:10,45	05:13,07	07:49,60	10:26,14	15:39,21	
105	00:29,82	00:59,63	01:59,26	02:58,90	03:58,53	04:58,16	07:27,24	09:56,32	14:54,48	
110	00:28,46	00:56,92	01:53,84	02:50,76	03:47,69	04:44,61	07:06,91	09:29,22	14:13,82	
%	88			88						
distance :	4000	Temps :		23:43,04	5000	Temps :		29:38,8	10 km: 0h59'17"	

		VMA	12	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:34,09	01:08,19	02:16,37	03:24,56	04:32,75	05:40,94	08:31,40	11:21,87	17:02,81	
90	00:33,34	01:06,67	02:13,34	03:20,02	04:26,69	05:33,36	08:20,04	11:06,72	16:40,08	
95	00:31,58	01:03,16	02:06,33	03:09,49	04:12,65	05:15,81	07:53,72	10:31,63	15:47,44	
100	00:30,00	01:00,00	02:00,01	03:00,01	04:00,02	05:00,02	07:30,04	10:00,05	15:00,07	
105	00:28,57	00:57,15	01:54,29	02:51,44	03:48,59	04:45,74	07:08,61	09:31,47	14:17,21	
110	00:27,27	00:54,55	01:49,10	02:43,65	03:38,20	04:32,75	06:49,12	09:05,50	13:38,25	
%	88			88						
distance :	4000	Temps :		22:43,75	5000	Temps :		28:24,7	10 km: 0h56'49"	

		VMA	12,5	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:32,73	01:05,46	02:10,92	03:16,38	04:21,84	05:27,30	08:10,95	10:54,60	16:21,90	
90	00:32,00	01:04,01	02:08,01	03:12,02	04:16,02	05:20,03	08:00,04	10:40,05	16:00,08	
95	00:30,32	01:00,64	02:01,27	03:01,91	04:02,55	05:03,18	07:34,77	10:06,36	15:09,55	
100	00:28,80	00:57,60	01:55,21	02:52,81	03:50,42	04:48,02	07:12,03	09:36,05	14:24,07	
105	00:27,43	00:54,86	01:49,72	02:44,58	03:39,45	04:34,31	06:51,46	09:08,62	13:42,92	
110	00:26,18	00:52,37	01:44,74	02:37,10	03:29,47	04:21,84	06:32,76	08:43,68	13:05,52	
%	88			88						
distance :	4000	Temps :		21:49,20	5000	Temps :		27:16,5	10 km: 0h54'32"	

		VMA	13	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:31,47	01:02,94	02:05,88	03:08,83	04:11,77	05:14,71	07:52,07	10:29,42	15:44,13	
90	00:30,77	01:01,54	02:03,09	03:04,63	04:06,17	05:07,72	07:41,58	10:15,43	15:23,15	
95	00:29,15	00:58,30	01:56,61	02:54,91	03:53,22	04:51,52	07:17,28	09:43,04	14:34,56	
100	00:27,69	00:55,39	01:50,78	02:46,17	03:41,56	04:36,95	06:55,42	09:13,89	13:50,84	
105	00:26,38	00:52,75	01:45,50	02:38,25	03:31,01	04:23,76	06:35,64	08:47,51	13:11,27	
110	00:25,18	00:50,35	01:40,71	02:31,06	03:21,41	04:11,77	06:17,65	08:23,54	12:35,31	
%	88			88						
distance :	4000	Temps :		20:58,84	5000	Temps :		26:13,6	10 km: 0h52'27"	

		VMA	13,5	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:30,31	01:00,61	02:01,22	03:01,83	04:02,44	05:03,05	07:34,58	10:06,11	15:09,16	
90	00:29,63	00:59,26	01:58,53	02:57,79	03:57,06	04:56,32	07:24,48	09:52,64	14:48,96	
95	00:28,07	00:56,14	01:52,29	02:48,43	03:44,58	04:40,72	07:01,09	09:21,45	14:02,17	
100	00:26,67	00:53,34	01:46,68	02:40,01	03:33,35	04:26,69	06:40,03	08:53,38	13:20,06	
105	00:25,40	00:50,80	01:41,60	02:32,39	03:23,19	04:13,99	06:20,98	08:27,98	12:41,97	
110	00:24,24	00:48,49	01:36,98	02:25,47	03:13,95	04:02,44	06:03,67	08:04,89	12:07,33	
%	88			88						
distance :	4000	Temps :		20:12,22	5000	Temps :		25:15,3	10 km: 0h50'30"	

		VMA	14	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:29,22	00:58,45	01:56,89	02:55,34	03:53,78	04:52,23	07:18,35	09:44,46	14:36,69	
90	00:28,57	00:57,15	01:54,29	02:51,44	03:48,59	04:45,74	07:08,61	09:31,47	14:17,21	
95	00:27,07	00:54,14	01:48,28	02:42,42	03:36,56	04:30,70	06:46,05	09:01,40	13:32,10	
100	00:25,72	00:51,43	01:42,87	02:34,30	03:25,73	04:17,16	06:25,75	08:34,33	12:51,49	
105	00:24,49	00:48,98	01:37,97	02:26,95	03:15,93	04:04,92	06:07,38	08:09,84	12:14,75	
110	00:23,38	00:46,76	01:33,51	02:20,27	03:07,03	03:53,78	05:50,68	07:47,57	11:41,35	
%	88			88						
distance :	4000	Temps :		19:28,92	5000	Temps :		24:21,2	10 km: 0h48'42"	

		VMA	14,5	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:28,22	00:56,43	01:52,86	02:49,29	03:45,72	04:42,15	07:03,23	09:24,31	14:06,46	
90	00:27,59	00:55,18	01:50,35	02:45,53	03:40,71	04:35,88	06:53,83	09:11,77	13:47,65	
95	00:26,14	00:52,27	01:44,55	02:36,82	03:29,09	04:21,36	06:32,05	08:42,73	13:04,09	
100	00:24,83	00:49,66	01:39,32	02:28,98	03:18,64	04:08,30	06:12,44	08:16,59	12:24,89	
105	00:23,65	00:47,29	01:34,59	02:21,88	03:09,18	03:56,47	05:54,71	07:52,94	11:49,42	
110	00:22,57	00:45,14	01:30,29	02:15,43	03:00,58	03:45,72	05:38,59	07:31,45	11:17,17	
%	88			88						
distance :	4000	Temps :		18:48,62	5000	Temps :		23:30,8	10 km: 0h47'01"	

		VMA	15	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:27,27	00:54,55	01:49,10	02:43,65	03:38,20	04:32,75	06:49,12	09:05,50	13:38,25	
90	00:26,67	00:53,34	01:46,68	02:40,01	03:33,35	04:26,69	06:40,03	08:53,38	13:20,06	
95	00:25,27	00:50,53	01:41,06	02:31,59	03:22,12	04:12,65	06:18,98	08:25,30	12:37,96	
100	00:24,00	00:48,00	01:36,01	02:24,01	03:12,02	04:00,02	06:00,03	08:00,04	12:00,06	
105	00:22,86	00:45,72	01:31,44	02:17,15	03:02,87	03:48,59	05:42,88	07:37,18	11:25,77	
110	00:21,82	00:43,64	01:27,28	02:10,92	02:54,56	03:38,20	05:27,30	07:16,40	10:54,60	
%	88			88						
distance :	4000	Temps :		18:11,00	5000	Temps :		22:43,7	10 km: 0h45'27"	

		VMA	15,5	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:26,40	00:52,79	01:45,58	02:38,37	03:31,16	04:23,95	06:35,93	08:47,90	13:11,85	
90	00:25,81	00:51,62	01:43,23	02:34,85	03:26,47	04:18,09	06:27,13	08:36,17	12:54,26	
95	00:24,45	00:48,90	01:37,80	02:26,70	03:15,60	04:04,50	06:06,75	08:09,00	12:13,51	
100	00:23,23	00:46,46	01:32,91	02:19,37	03:05,82	03:52,28	05:48,41	07:44,55	11:36,83	
105	00:22,12	00:44,24	01:28,49	02:12,73	02:56,97	03:41,22	05:31,82	07:22,43	11:03,65	
110	00:21,12	00:42,23	01:24,46	02:06,70	02:48,93	03:31,16	05:16,74	07:02,32	10:33,48	
%	88			88						
distance :	4000	Temps :		17:35,80	5000	Temps :		21:59,8	10 km: 0h43'59"	

		VMA	16	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:25,57	00:51,14	01:42,28	02:33,42	03:24,56	04:15,70	06:23,55	08:31,40	12:47,11	
90	00:25,00	00:50,00	01:40,01	02:30,01	03:20,02	04:10,02	06:15,03	08:20,04	12:30,06	
95	00:23,69	00:47,37	01:34,74	02:22,12	03:09,49	03:56,86	05:55,29	07:53,72	11:50,58	
100	00:22,50	00:45,00	01:30,01	02:15,01	03:00,01	03:45,02	05:37,53	07:30,04	11:15,05	
105	00:21,43	00:42,86	01:25,72	02:08,58	02:51,44	03:34,30	05:21,45	07:08,61	10:42,91	
110	00:20,46	00:40,91	01:21,82	02:02,74	02:43,65	03:24,56	05:06,84	06:49,12	10:13,69	
%	88			88						
distance :	4000	Temps :		17:02,81	5000	Temps :		21:18,5	10 km: 0h42'37"	

		VMA	16,5	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:24,80	00:49,59	01:39,18	02:28,77	03:18,36	04:07,95	06:11,93	08:15,91	12:23,86	
90	00:24,24	00:48,49	01:36,98	02:25,47	03:13,95	04:02,44	06:03,67	08:04,89	12:07,33	
95	00:22,97	00:45,94	01:31,87	02:17,81	03:03,75	03:49,68	05:44,53	07:39,37	11:29,05	
100	00:21,82	00:43,64	01:27,28	02:10,92	02:54,56	03:38,20	05:27,30	07:16,40	10:54,60	
105	00:20,78	00:41,56	01:23,12	02:04,69	02:46,25	03:27,81	05:11,71	06:55,62	10:23,43	
110	00:19,84	00:39,67	01:19,35	01:59,02	02:38,69	03:18,36	04:57,54	06:36,73	09:55,09	
%	88			88						
distance :	4000	Temps :		16:31,81	5000	Temps :		20:39,8	10 km: 0h41'19"	

		VMA	17	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:24,07	00:48,13	01:36,26	02:24,40	03:12,53	04:00,66	06:00,99	08:01,32	12:01,98	
90	00:23,53	00:47,06	01:34,13	02:21,19	03:08,25	03:55,31	05:52,97	07:50,63	11:45,94	
95	00:22,29	00:44,59	01:29,17	02:13,76	02:58,34	03:42,93	05:34,39	07:25,86	11:08,78	
100	00:21,18	00:42,36	01:24,71	02:07,07	02:49,43	03:31,78	05:17,67	07:03,56	10:35,34	
105	00:20,17	00:40,34	01:20,68	02:01,02	02:41,36	03:21,70	05:02,55	06:43,39	10:05,09	
110	00:19,25	00:38,51	01:17,01	01:55,52	02:34,02	03:12,53	04:48,79	06:25,06	09:37,59	
%	88			88						
distance :	4000	Temps :		16:02,64	5000	Temps :		20:03,3	10 km: 0h40'06"	

		VMA	17,5	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:23,38	00:46,76	01:33,51	02:20,27	03:07,03	03:53,78	05:50,68	07:47,57	11:41,35	
90	00:22,86	00:45,72	01:31,44	02:17,15	03:02,87	03:48,59	05:42,88	07:37,18	11:25,77	
95	00:21,66	00:43,31	01:26,62	02:09,94	02:53,25	03:36,56	05:24,84	07:13,12	10:49,68	
100	00:20,57	00:41,15	01:22,29	02:03,44	02:44,58	03:25,73	05:08,60	06:51,46	10:17,19	
105	00:19,59	00:39,19	01:18,37	01:57,56	02:36,75	03:15,93	04:53,90	06:31,87	09:47,80	
110	00:18,70	00:37,41	01:14,81	01:52,22	02:29,62	03:07,03	04:40,54	06:14,06	09:21,08	
%	88			88						
distance :	4000	Temps :		15:35,14	5000	Temps :		19:28,9	10 km: 0h38'57"	

		VMA	18	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:22,73	00:45,46	01:30,92	02:16,37	03:01,83	03:47,29	05:40,94	07:34,58	11:21,87	
90	00:22,22	00:44,45	01:28,90	02:13,34	02:57,79	03:42,24	05:33,36	07:24,48	11:06,72	
95	00:21,05	00:42,11	01:24,22	02:06,33	02:48,43	03:30,54	05:15,81	07:01,09	10:31,63	
100	00:20,00	00:40,00	01:20,01	02:00,01	02:40,01	03:20,02	05:00,02	06:40,03	10:00,05	
105	00:19,05	00:38,10	01:16,20	01:54,29	02:32,39	03:10,49	04:45,74	06:20,98	09:31,47	
110	00:18,18	00:36,37	01:12,73	01:49,10	02:25,47	03:01,83	04:32,75	06:03,67	09:05,50	
%	88			88						
distance :	4000	Temps :		15:09,16	5000	Temps :		18:56,5	10 km: 0h37'52"	

		VMA	18,5	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:22,11	00:44,23	01:28,46	02:12,69	02:56,92	03:41,15	05:31,72	07:22,30	11:03,44	
90	00:21,62	00:43,25	01:26,49	02:09,74	02:52,99	03:36,23	05:24,35	07:12,47	10:48,70	
95	00:20,49	00:40,97	01:21,94	02:02,91	02:43,88	03:24,85	05:07,28	06:49,71	10:14,56	
100	00:19,46	00:38,92	01:17,84	01:56,77	02:35,69	03:14,61	04:51,92	06:29,22	09:43,83	
105	00:18,53	00:37,07	01:14,14	01:51,21	02:28,27	03:05,34	04:38,01	06:10,69	09:16,03	
110	00:17,69	00:35,38	01:10,77	01:46,15	02:21,53	02:56,92	04:25,38	05:53,84	08:50,75	
%	88			88						
distance :	4000	Temps :		14:44,59	5000	Temps :		18:25,7	10 km: 0h36'51"	

		VMA	19	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:21,53	00:43,07	01:26,13	02:09,20	02:52,26	03:35,33	05:22,99	07:10,66	10:45,98	
90	00:21,05	00:42,11	01:24,22	02:06,33	02:48,43	03:30,54	05:15,81	07:01,09	10:31,63	
95	00:19,95	00:39,89	01:19,78	01:59,68	02:39,57	03:19,46	04:59,19	06:38,92	09:58,39	
100	00:18,95	00:37,90	01:15,80	01:53,69	02:31,59	03:09,49	04:44,23	06:18,98	09:28,47	
105	00:18,05	00:36,09	01:12,19	01:48,28	02:24,37	03:00,47	04:30,70	06:00,93	09:01,40	
110	00:17,23	00:34,45	01:08,91	01:43,36	02:17,81	02:52,26	04:18,39	05:44,53	08:36,79	
%	88			88						
distance :	4000	Temps :		14:21,31	5000	Temps :		17:56,6	10 km: 0h35'53"	

		VMA	19,5	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:20,98	00:41,96	01:23,92	02:05,88	02:47,85	03:29,81	05:14,71	06:59,61	10:29,42	
90	00:20,51	00:41,03	01:22,06	02:03,09	02:44,12	03:25,14	05:07,72	06:50,29	10:15,43	
95	00:19,43	00:38,87	01:17,74	01:56,61	02:35,48	03:14,35	04:51,52	06:28,70	09:43,04	
100	00:18,46	00:36,93	01:13,85	01:50,78	02:27,70	03:04,63	04:36,95	06:09,26	09:13,89	
105	00:17,58	00:35,17	01:10,34	01:45,50	02:20,67	02:55,84	04:23,76	05:51,68	08:47,51	
110	00:16,78	00:33,57	01:07,14	01:40,71	02:14,28	02:47,85	04:11,77	05:35,69	08:23,54	
%	88			88						
distance :	4000	Temps :		13:59,23	5000	Temps :		17:29,0	10 km: 0h34'58"	

		VMA	20	km/h						
% de la Vma	TEMPS DE PASSAGE AUX :									
	distances (en mètres) choisies par l'entraîneur									
	100	200	400	600	800	1000	1500	2000	3000	
88	00:20,46	00:40,91	01:21,82	02:02,74	02:43,65	03:24,56	05:06,84	06:49,12	10:13,69	
90	00:20,00	00:40,00	01:20,01	02:00,01	02:40,01	03:20,02	05:00,02	06:40,03	10:00,05	
95	00:18,95	00:37,90	01:15,80	01:53,69	02:31,59	03:09,49	04:44,23	06:18,98	09:28,47	
100	00:18,00	00:36,00	01:12,01	01:48,01	02:24,01	03:00,01	04:30,02	06:00,03	09:00,04	
105	00:17,14	00:34,29	01:08,58	01:42,87	02:17,15	02:51,44	04:17,16	05:42,88	08:34,33	
110	00:16,36	00:32,73	01:05,46	01:38,19	02:10,92	02:43,65	04:05,47	05:27,30	08:10,95	
%	88			88						
distance :	4000	Temps :		13:38,25	5000	Temps :		17:02,8	10 km: 0h34'05"	