

Noms :

Taille :

Date du test :

Prenoms :

Poids :

FREQUENCE CARDIAQUE MAXIMALE :

Bat/Min

VITESSE MAXIMALE AEROBIE OBTENUE :

25 Km/h

distance	100%	95%	90%	85%	80%	75%	70%	65%	60%
100	00:14,4	00:15,2	00:16,0	00:16,9	00:18,0	00:19,2	00:20,6	00:22,2	00:24,0
150	00:21,6	00:22,7	00:24,0	00:25,4	00:27,0	00:28,8	00:30,9	00:33,2	00:36,0
200	00:28,8	00:30,3	00:32,0	00:33,9	00:36,0	00:38,4	00:41,1	00:44,3	00:48,0
300	00:43,2	00:45,5	00:48,0	00:50,8	00:54,0	00:57,6	01:01,7	01:06,5	01:12,0
400	00:57,6	01:00,6	01:04,0	01:07,8	01:12,0	01:16,8	01:22,3	01:28,6	01:36,0
500	01:12,0	01:15,8	01:20,0	01:24,7	01:30,0	01:36,0	01:42,9	01:50,8	02:00,0
600	01:26,4	01:30,9	01:36,0	01:41,6	01:48,0	01:55,2	02:03,4	02:12,9	02:24,0
800	01:55,2	02:01,3	02:08,0	02:15,5	02:24,0	02:33,6	02:44,6	02:57,2	03:12,0
1000	02:24,0	02:31,6	02:40,0	02:49,4	03:00,0	03:12,0	03:25,7	03:41,5	04:00,0
1200	02:52,8	03:01,9	03:12,0	03:23,3	03:36,0	03:50,4	04:06,9	04:25,8	04:48,0
1500	03:36,0	03:47,4	04:00,0	04:14,1	04:30,0	04:48,0	05:08,6	05:32,3	06:00,0
2000	04:48,0	05:03,2	05:20,0	05:38,8	06:00,0	06:24,0	06:51,4	07:23,1	08:00,0
3000	07:12,0	07:34,7	08:00,0	08:28,2	09:00,0	09:36,0	10:17,1	11:04,6	12:00,0
4000	09:36,0	10:06,3	10:40,0	11:17,6	12:00,0	12:48,0	13:42,9	14:46,2	16:00,0
5000	12:00,0	12:37,9	13:20,0	14:07,1	15:00,0	16:00,0	17:08,6	18:27,7	20:00,0

Distance parcourue pour 30 s : **208 m**

Footing de récup ou échauffement : 60% VMA = **15 km/h**

Footing de développement : 70 % VMA = **17,50 km/h**

Allure marathon : de 75 à 80 % VMA = de **18,75 à 20 km/h**

Allure semi : de 80 à 85 % VMA = de **20 à 21,25 km/h**

Cross / 10 km : 90 à 92 % VMA = **23 km/h**

