

Test 4 x 1000m: chrono espéré et les allures d'entrainement

Moyenne test 4x 1000	Estimation temps semi marathon	Estimation Temps marathon	Allure fractionné 1000 m	Allure VMA 400m	Allure VMA 200m	Seuil dynamique	Allure semi marathon (km)	Allure marathon (km)
03:10	01:14	02:37	3'16"	01:12	00:35	3'25	3'30	03:44
03:15	01:16	02:41	3'21"	01:14	00:36	3'30	3'36	03:49
03:20	01:18	02:45	3'26"	01:15	00:37	3'35	3'42	03:55
03:25	01:20	02:49	3'31"	01:17	00:38	3'41	3'48	04:01
03:30	01:22	02:53	3'36"	01:19	00:39	3'45	3'53	04:07
03:35	01:24	02:57	3'41"	01:21	00:40	3'48	3'59	04:13
03:40	01:25	03:02	3'46"	01:23	00:40	3'52	4'03	04:19
03:45	01:27	03:06	3'51"	01:24	00:41	3'58	4'10	04:25
03:50	01:29	03:10	3'56"	01:26	00:42	4'02	4'16	04:31
03:55	01:31	03:14	4'01"	01:28	00:43	4'07	4'20	04:36
04:00	01:33	03:18	4'06"	01:30	00:44	4'11	4'25	04:42
04:05	01:35	03:22	4'11"	01:31	00:45	4'18	4' 30	04:48
04:10	01:37	03:26	4'16"	01:33	00:45	4'23	4'36	04:54

04:15	01:39	03:31	4'21"	01:35	00:46	4'29	4'44	05:00
04:20	01:41	03:35	4'27	01:36	00:47	4'34	4'49	05:06
04:25	01:43	03:39	4'32	01:38	00:48	4'40	4'53	05:12
04:30	01:45	03:43	4'37	01:40	00:49	4'46	4'59	05:18
04:35	01:47	03:47	4'43	01:42	00:50	4'51	5'06	05:24
04:40	01:49	03:51	4'48	01:43	00:50	4'59	5'10	05:29
04:45	01:51	03:55	4'53	01:45	00:51	5'04	5'13	05:35
04:50	01:53	03:59	4'59	01:47	00:52	5'10	5'20	05:41
04:55	01:55	04:04	5' 05	01:48	00:53	5'15	5'27	05:47
05:00	01:57	04:08	5' 11	01:50	00:54	5'22	5'33	05:53
05:05	2:00	-	5'16	01:52	00:55	5'29	5'40	-
05:10	2:03	-	5'21	01:54	00:55	5'36	5'50	-
05:15	2:06	-	5'26	01:56	00:57	5'44	6'00	-