

Test	Allure VMA 5 à 6 x 1000m / 2'rec	Allure VMA 500m	Allure VMA 400m	Allure VMA 300m	Allure VMA 200m	Type Seuil sur 2 ou 3 kms (km)	Endurance active (km)	Temps prévision 10 kms	Temps prévision semi marathon	Temps prévision marathon	Allure marathon (km)
02: 40	2'46"	1'18	01:01	45"5	00:30	02:54	03:20	28 -29'	01:02 -04	02:12 -15	03:08
02: 45	2'51"	1'21	01:03	47"	00:31	02:58	03:26	29'-30'	01:04 -06	02:16 -19	03:14
02: 50	2'56"	1'23	01:05	48"	00:32	03:03	03:32	29'-30'30	01:07 -08	02:20 -23	03:20
02: 55	3'01"	1'25	01:07	49"	00:33	03:09	03:39	30' -31'	01:09 -11	02:24 -28	03:26
03: 00	3'06"	1'27	01:08	50"	00:34	03:14	03:45	31' -32'	01:10 -12	02:29 -32	03:32
03: 05	3' 11	1'29	01:10	51"	00:34	03:20	03:51	32' -33'	01:12 -14	02:33 -36	03:38
03: 10	3'16"	1'31	01:12	53"	00:35	03:26	03:58	33''-34'	01:14 -16	02:37 -40	03:44
03: 15	3'21"	1'33	01:14	54"	00:36	03:31	04:04	34' -35'	01:16 -18	02:41 -44	03:49
03: 20	3'26"	1'35	01:15	56"	00:37	03:37	04:10	35-36'	01:18 -20	02:45-49	03:55
03: 25	3'31"	1'37	01:17	57"	00:38	03:42	04:16	35'30- 37'	01:20 -22	02:50 -53	04:01
03: 30	3'36"	1'40	01:19	58"	00:39	03:48	04:23	36' 30- 37'30	01:2 2-24	02:54 -57	04:07
03: 35	3'41"	1'42	01:21	60"	00:40	03:53	04:29	37'- 38'	01:24 -26	02:58 -3:01	04:13

03:40	3'46"	1'44	01:23	1'01	00:40	03:59	04:35	38' -39'	01:26 -28	03:02 - 05	04:19
03:45	3'51"	1'47	01:24	1'02	00:41	04:04	04:41	39' - 40'	01:28 -30	03:06 - 09	04:25
03:50	3'56"	1'49	01:26	1'03	00:42	04:10	04:48	40' - 41'	01:30 -32	03:10 -13	04:31
03:55	4'01"	1'51	01:28	1'04	00:43	04:16	04:54	41' -42'	01:32 -34	03:14 -17	04:36
04:00	4'06"	1'53	01:30	1'05	00:44	04:21	05:00	42- 43'	01:34 -36	03:18 -22	04:42
04:05	4'11"	1'55	01:31	1'06	00:45	04:27	05:06	43- 44'	01:36 -38	03:23 -26	04:48
04:10	4'16"	1'59	01:33	1'07	00:45	04:32	05:13	44-45'	01:38 -40	03:27 -30	04:54
04:15	4'21"	2' 00 5	01:35	1'09	00:46	04:38	05:19	45'-46'	01:40 -42	03:31 -34	05:00
04:20	4'27 »	2'02	01:36	1'11	00:47	04:43	05:25	46'-47'	01:42 -44	03:35 -38	05:06
04:25	4'33 »	2'04	01:38	1'12	00:48	04:49	05:31	47'-48'	01:44 -46	03:39 -42	05:12
04:30	4'38 »	2'06	01:40	1'14	00:49	04:54	05:37	48'-49'	01:46 -48	03:43 -45	05:18
04:35	4'45	2'08 5	01:42	1'15	00:50	05:00	05:44	49'-50'	01:48 - 50	03:48 -51	05:24
04:40	4'50	2'11	01:43	1'15 5	00:50	05:06	05:50	50'-51'	01:50 -52	03:52 - 55	05:29
04:45	4'55	2'13	01:45	1'16 5	00:51	05:11	05:56	51'-52'	01:52 -54	03:56 - 59	05:35
04:50	5'01	2'15	01:47	1'18	00:52	05:17	06:02	51'30- 52'30	01:54 -56	04 :00- 4:03	05:41
04:55	5'06	2'17	01:48	1'19	00:53	05:22	06:09	52'-53'	01:56 -58	04:04- 4:07	05:47
05:00	5'11	2'19 5	01:50	1'20	00:54	05:28	06:15	53'-54	1:58'-2 00	04:08-4 :10	05:53
Test 4 X 1000 M allure moyenne	Allure VMA 5 à 6 x 1000m / 2'rec	Allure VMA 500m	Allure VMA 400m	Allure VMA 300m	Allure VMA 200m	Type Seuil sur 2 ou 3 kms (km)	Endurance active (km)	Temps estimatif 10 kms	Temps estimatif semi marathon	Temps estimatif marathon	Allure marathon (km)