



TEST DE VMA

Collège F. LEGER



Ch. Corneille
Test VMA CLG. F. Leger

PROTOCOLE



- Une piste de 400 mètres
- 1 plot tout les 25 mètres
- 3 essais de 1 min 30
 - Faire en sorte de pouvoir courir sur 1 min 30 sans s'arrêter (gestion de course), en essayant dans le même temps de dépasser le maximum de plots
 - Lire le N° sur le plot atteint

MISE EN PLACE DES INTERVALLES



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CALCUL DE LA VMA

- Le plot que vous avez atteint vous donne votre VMA

- Plot 13

VMA = 13 Km / H



COMMENT L'UTILISER

| VMA en km/h | 3 X 500 (en 3°) | | | | | | | | | | | | | | |
|----------------|-----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | 90% | | | | | 100% | | | | | 110% | | | | |
| | 100 | 200 | 300 | 400 | 500 | 100 | 200 | 300 | 400 | 500 | 100 | 200 | 300 | 400 | 500 |
| 8 | 00:50 | 01:40 | 02:30 | 03:20 | 04:10 | 00:45 | 01:30 | 02:15 | 03:00 | 03:45 | 00:41 | 01:22 | 02:03 | 02:44 | 03:25 |
| 9 | 00:44 | 01:29 | 02:13 | 02:58 | 03:42 | 00:40 | 01:20 | 02:00 | 02:40 | 03:20 | 00:36 | 01:13 | 01:49 | 02:25 | 03:02 |
| 10 | 00:40 | 01:20 | 02:00 | 02:40 | 03:20 | 00:36 | 01:12 | 01:48 | 02:24 | 03:00 | 00:33 | 01:05 | 01:38 | 02:11 | 02:44 |
| 11 | 00:36 | 01:13 | 01:49 | 02:25 | 03:02 | 00:33 | 01:05 | 01:38 | 02:11 | 02:44 | 00:30 | 01:00 | 01:29 | 01:59 | 02:29 |
| 12 | 00:33 | 01:07 | 01:40 | 02:13 | 02:47 | 00:30 | 01:00 | 01:30 | 02:00 | 02:30 | 00:27 | 00:55 | 01:22 | 01:48 | 02:14 |
| 13 | 00:31 | 01:02 | 01:32 | 02:03 | 02:34 | 00:28 | 00:55 | 01:23 | 01:51 | 02:18 | 00:25 | 00:50 | 01:16 | 01:41 | 02:06 |
| 14 | 00:29 | 00:57 | 01:26 | 01:54 | 02:23 | 00:26 | 00:51 | 01:17 | 01:43 | 02:09 | 00:23 | 00:47 | 01:10 | 01:34 | 01:57 |
| 15 | 00:27 | 00:53 | 01:20 | 01:45 | 02:13 | 00:24 | 00:48 | 01:12 | 01:36 | 02:00 | 00:22 | 00:44 | 01:05 | 01:27 | 01:49 |
| 16 | 00:25 | 00:50 | 01:15 | 01:40 | 02:05 | 00:23 | 00:45 | 01:07 | 01:29 | 01:52 | 00:20 | 00:41 | 01:01 | 01:22 | 01:42 |
| 17 | 00:24 | 00:47 | 01:11 | 01:34 | 01:58 | 00:22 | 00:43 | 01:03 | 01:24 | 01:45 | 00:19 | 00:39 | 00:58 | 01:17 | 01:36 |
| 18 | 00:22 | 00:44 | 01:07 | 01:29 | 01:51 | 00:21 | 00:41 | 01:00 | 01:19 | 01:38 | 00:18 | 00:37 | 00:55 | 01:13 | 01:31 |
| 19 | 00:21 | 00:42 | 01:03 | 01:24 | 01:45 | 00:20 | 00:39 | 00:99 | 01:17 | 01:35 | 00:17 | 00:35 | 00:52 | 01:09 | 01:26 |
| 20 | 00:20 | 00:40 | 01:00 | 01:20 | 01:40 | 00:19 | 00:37 | 00:55 | 01:13 | 01:31 | 00:16 | 00:33 | 00:49 | 01:05 | 01:22 |
| 21 | 00:19 | 00:38 | 00:57 | 01:16 | 01:35 | 00:17 | 00:35 | 00:52 | 01:10 | 01:27 | 00:16 | 00:31 | 00:47 | 01:02 | 01:18 |
| 22 | 00:18 | 00:36 | 00:55 | 01:13 | 01:31 | 00:16 | 00:33 | 00:49 | 01:05 | 01:22 | 00:15 | 00:30 | 00:45 | 01:00 | 01:14 |
| 23 | 00:17 | 00:35 | 00:52 | 01:10 | 01:27 | 00:16 | 00:31 | 00:47 | 01:03 | 01:18 | 00:14 | 00:28 | 00:43 | 00:57 | 01:11 |

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Pour une VMA de 13 Km / H,
je dois effectuer mon 500 m
en 2 min 34

Pour effectuer un 500
Mètre à 90 % de sa VMA