**FICHE ELEVE VMA 9 POUR LE DEMI-FOND**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **% VMA** | **70** | **80** | **90** | **100** | **110** |
| **Vitesse en km/h** | 6.3 | 7.2 | 8.1 | 9 | 9.9 |
| **160m= 1 Tour** | 1.35 | 1.22 | 1.12 | 1.04 | 58’’ |
| **500m=3T+2plots** | 4.38 | 4.15 | 3.45 | 3.20 | 3’ |
| **1000m=6T+4plots****1000m=1T lac** | 9.15 | 8.30 | 7.30 | 6.40 | 6’ |
| **3min** | 330m2T1p | 350m2T3p | 400m2T8p | 450m2T13p | 500m3T2p |
| **6min** | 650m4T1p | 700m4T6p | 800m5T | 900m5T10p | 1000m6T4p |
| **9min** | 980m6T2p | 1050m6t9p | 1200m7T8p | 1350m8T7p | 1500m9T6p |

**FICHE ELEVE VMA 10 POUR LE DEMI-FOND**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **% VMA** | **70** | **80** | **90** | **100** | **110** |
| **Vitesse en km/h** | 7 | 8 | 9 | 10 | 11 |
| **160m= 1 Tour** | 1.22 | 1.12 | 1.04 | 58’’ | 53’’ |
| **500m=3T+2plots** | 4.15 | 3.45 | 3.20 | 3’ | 2.45 |
| **1000m=6T+4plots****1000m=1T lac** | 8.30 | 7.30 | 6.40 | 6’ | 5.30 |
| **3min** | 350m2T3p | 400m2T8p | 450m2T13p | 500m3T2p | 550m3T7p |
| **6min** | 700m4T6p | 800m5T | 900m5T10p | 1000m6T4p | 1100m6T14p |
| **9min** | 1050m6t9p | 1200m7T8p | 1350m8T7p | 1500m9T6p | 1650m10T5p |

**FICHE ELEVE VMA 11 POUR LE DEMI-FOND**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **% VMA** | **70** | **80** | **90** | **100** | **110** |
| **Vitesse en km/h** | 7.7 | 8.8 | 9.9 | 11 | 12.1 |
| **160m= 1 Tour** | 1.12 | 1.04 | 58’’ | 53’’ | 48’’ |
| **500m=3T+2plots** | 3.45 | 3.20 | 3’ | 2.45 | 2.30 |
| **1000m=6T+4plots****1000m=1T lac** | 7.30 | 6.40 | 6’ | 5.30 | 5’ |
| **3min** | 400m2T8p | 450m2T13p | 500m3T2p | 550m3T7p | 600m3T12p |
| **6min** | 800m5T | 900m5T10p | 1000m6T4p | 1100m6T14p | 1300m8T2p |
| **9min** | 1200m7T8p | 1350m8T7p | 1500m9T6p | 1650m10T5p | 1950m12T1p |

**FICHE ELEVE VMA 12 POUR LE DEMI-FOND**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **% VMA** | **70** | **80** | **90** | **100** | **110** |
| **Vitesse en km/h** | 8.4 | 9.6 | 10.8 | 12 | 13.2 |
| **160m= 1 Tour** | 1.08 | 1.01 | 53’’ | 48’’ | 44’’ |
| **500m=3T+2plots** | 3.32 | 3.10 | 2.45 | 2.30 | 2.20 |
| **1000m=6T+4plots****1000m=1T lac** | 7.05 | 6.20 | 5.30 | 5’ | 4.40 |
| **3min** | 430m2T11p | 480m2T16p | 550m3T7p | 600m3T12p | 650m4T1p |
| **6min** | 850m5T5p | 950m5T15p | 1100m6T14p | 1200m7T8p | 1300m8T2p |
| **9min** | 1280m8T | 1530m9T9p | 1650m10T5p | 1800m11T4p | 1950m12T1p |

**FICHE ELEVE VMA 13 POUR LE DEMI-FOND**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **% VMA** | **70** | **80** | **90** | **100** | **110** |
| **Vitesse en km/h** | 9.1 | 10.4 | 11.7 | 13 | 14.3 |
| **160m= 1 Tour** | 1.04 | 57’’ | 51’’ | 44’’ | 40’’ |
| **500m=3T+2plots** | 3.20 | 2.52 | 2.38 | 2.20 | 2.04 |
| **1000m=6T+4plots****1000m=1T lac** | 6.40 | 5.45 | 5.15 | 4.40 | 4.09 |
| **3min** | 450m2T13p | 530m3T5p | 580m3T10p | 650m4T1p | 730m |
| **6min** | 900m5T10p | 1050m6t9p | 1150m7T1p | 1300m8T2p | 1450m8T15p |
| **9min** | 1350m8T7p | 1580m9T14p | 1730m10T13p | 1950m12T1p | 2180m13T10p |

**FICHE ELEVE VMA 14 POUR LE DEMI-FOND**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **% VMA** | **70** | **80** | **90** | **100** | **110** |
| **Vitesse en km/h** | 9.8 | 11.2 | 12.6 | 14 | 15.4 |
| **160m= 1 Tour** | 58’’ | 53’’ | 46’’ | 43’’ | 37’’ |
| **500m=3T+2plots** | 3’ | 2.45 | 2.25 | 2.09 | 1.57 |
| **1000m=6T+4plots****1000m=1T lac** | 6’ | 5.30 | 4.50 | 4.18 | 3.53 |
| **3min** | 500m3T2p | 550m3T7p | 630m3T15p | 700m4T6p | 780m4T14p |
| **6min** | 1000m6T4p | 1100m6T14p | 1250m7T13p | 1400m8T12p | 1550m9T11p |
| **9min** | 1500m9T6p | 1650m10T5p | 1880m11T12p | 2100m13T2p | 2330m14T7p |

**FICHE ELEVE VMA 15 POUR LE DEMI-FOND**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **% VMA** | **70** | **80** | **90** | **100** | **110** |
| **Vitesse en km/h** | 10.5 | 12 | 13.5 | 15 | 16.5 |
| **160m= 1 Tour** | 55’’ | 48’’ | 44’’ | 38’’ | 35’’ |
| **500m=3T+2plots** | 2.52 | 2.30 | 2.15 | 2’ | 1.50 |
| **1000m=6T+4plots****1000m=1T lac** | 5.45 | 5’ | 4.30 | 4’ | 3.40 |
| **3min** | 530m3T5p | 600m3T12p | 680m4T4p | 750m4T11p | 830m5T3p |
| **6min** | 1050m6t9p | 1200m7T8p | 1350m8T7p | 1500m9T6p | 1650m10T5p |
| **9min** | 1580m9T14p | 1800m11T4p | 2030m12T11p | 2250m14T1p | 2480m15T8p |

**FICHE ELEVE VMA 16 POUR LE DEMI-FOND**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **% VMA** | **70** | **80** | **90** | **100** | **110** |
| **Vitesse en km/h** | 11.6 | 13 | 14.4 | 16 | 17.6 |
| **160m= 1 Tour** | 50’’ | 44’’ | 41’’ | 36’’ | 33’’ |
| **500m=3T+2plots** | 2.37 | 2.20 | 2.05 | 1.53 | 1.43 |
| **1000m=6T+4plots****1000m=1T lac** | 5.15 | 4.40 | 4.10 | 3.46 | 3.26 |
| **3min** | 580m3t10p | 650m4T1p | 730m4T9p | 800m5T | 880m5T8p |
| **6min** | 1150m7T3p | 1300m8T2p | 1450m9T1p | 1600m10T | 1750m10T15p |
| **9min** | 1730m10T13p | 1950m12T1p | 2180m13T10p | 2400m15T | 2630m16T7P |

**FICHE ELEVE VMA 17 POUR LE DEMI-FOND**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **% VMA** | **70** | **80** | **90** | **100** | **110** |
| **Vitesse en km/h** | 11.9 | 13.6 | 15.3 | 17 | 18.7 |
| **160m= 1 Tour** | 48’’ | 43’’ | 37’’ | 34’’ | 31’’ |
| **500m=3T+2plots** | 2.30 | 2.15 | 1.57 | 1.46 | 1.38 |
| **1000m=6T+4plots****1000m=1T lac** | 5’ | 4.30 | 3.55 | 3.32 | 3.15 |
| **3min** | 600m3T12p | 680m4T4p | 780m4T14p | 850m5T5p | 920m5T12p |
| **6min** | 1200m7T8p | 1350m8T7p | 1550m9T11p | 1700m10T10p | 1850m11T9p |
| **9min** | 1800m11T4p | 2030m12T9p | 2280m14T4p | 2550m15T15p | 2770m17T5p |