**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** | 330m  2T1p | 350m  2T3p | 400m  2T8p | 450m  2T13p | 500m  3T2p |
| **6min** | 650m  4T1p | 700m  4T6p | 800m  5T | 900m  5T10p | 1000m  6T4p |
| **9min** | 980m  6T2p | 1050m  6t9p | 1200m  7T8p | 1350m  8T7p | 1500m  9T6p |

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

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| --- | --- | --- | --- | --- | --- |
| **% 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** | 350m  2T3p | 400m  2T8p | 450m  2T13p | 500m  3T2p | 550m  3T7p |
| **6min** | 700m  4T6p | 800m  5T | 900m  5T10p | 1000m  6T4p | 1100m  6T14p |
| **9min** | 1050m  6t9p | 1200m  7T8p | 1350m  8T7p | 1500m  9T6p | 1650m  10T5p |

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

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| --- | --- | --- | --- | --- | --- |
| **% 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** | 400m  2T8p | 450m  2T13p | 500m  3T2p | 550m  3T7p | 600m  3T12p |
| **6min** | 800m  5T | 900m  5T10p | 1000m  6T4p | 1100m  6T14p | 1300m  8T2p |
| **9min** | 1200m  7T8p | 1350m  8T7p | 1500m  9T6p | 1650m  10T5p | 1950m  12T1p |

**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** | 430m  2T11p | 480m  2T16p | 550m  3T7p | 600m  3T12p | 650m  4T1p |
| **6min** | 850m  5T5p | 950m  5T15p | 1100m  6T14p | 1200m  7T8p | 1300m  8T2p |
| **9min** | 1280m  8T | 1530m  9T9p | 1650m  10T5p | 1800m  11T4p | 1950m  12T1p |

**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** | 450m  2T13p | 530m  3T5p | 580m  3T10p | 650m  4T1p | 730m |
| **6min** | 900m  5T10p | 1050m  6t9p | 1150m  7T1p | 1300m  8T2p | 1450m  8T15p |
| **9min** | 1350m  8T7p | 1580m  9T14p | 1730m  10T13p | 1950m  12T1p | 2180m  13T10p |

**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** | 500m  3T2p | 550m  3T7p | 630m  3T15p | 700m  4T6p | 780m  4T14p |
| **6min** | 1000m  6T4p | 1100m  6T14p | 1250m  7T13p | 1400m  8T12p | 1550m  9T11p |
| **9min** | 1500m  9T6p | 1650m  10T5p | 1880m  11T12p | 2100m  13T2p | 2330m  14T7p |

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

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| --- | --- | --- | --- | --- | --- |
| **% 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** | 530m  3T5p | 600m  3T12p | 680m  4T4p | 750m  4T11p | 830m  5T3p |
| **6min** | 1050m  6t9p | 1200m  7T8p | 1350m  8T7p | 1500m  9T6p | 1650m  10T5p |
| **9min** | 1580m  9T14p | 1800m  11T4p | 2030m  12T11p | 2250m  14T1p | 2480m  15T8p |

**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** | 580m  3t10p | 650m  4T1p | 730m  4T9p | 800m  5T | 880m  5T8p |
| **6min** | 1150m  7T3p | 1300m  8T2p | 1450m  9T1p | 1600m  10T | 1750m  10T15p |
| **9min** | 1730m  10T13p | 1950m  12T1p | 2180m  13T10p | 2400m  15T | 2630m  16T7P |

**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** | 600m  3T12p | 680m  4T4p | 780m  4T14p | 850m  5T5p | 920m  5T12p |
| **6min** | 1200m  7T8p | 1350m  8T7p | 1550m  9T11p | 1700m  10T10p | 1850m  11T9p |
| **9min** | 1800m  11T4p | 2030m  12T9p | 2280m  14T4p | 2550m  15T15p | 2770m  17T5p |