

Feuille1

Vitesses de travail en préparation hivernale type cross

VMA	100m	200m	300m	400m	500m	1000m	1500m	2000m	3000m
14	0'24"	0'48"	1'12"	1'36"	2'08"	4'37"	7'12"	10'00"	15'39"
15	0'23"	0'45"	1'08"	1'30"	2'00"	4'17"	6'40"	9'14"	14'24"
16	0'21"	0'42"	1'04"	1'25"	1'52"	4'00"	6'12"	8'34"	13'20"
17	0'20"	0'40"	1'00"	1'20"	1'46"	3'45"	5'48"	8'00"	12'25"
18	0'19"	0'38"	0'57"	1'16"	1'40"	3'32"	5'27"	7'30"	11'37"
19	0'18"	0'36"	0'54"	1'12"	1'35"	3'20"	5'09"	7'04"	10'55"
20	0'17"	0'34"	0'51"	1'09"	1'30"	3'09"	4'52"	6'40"	10'17"
21	0'16"	0'33"	0'49"	1'05"	1'26"	3'00"	4'37"	6'19"	9'44"
22	0'16"	0'31"	0'47"	1'03"	1'22"	2'51"	4'23"	6'00"	9'14"
	+1km/h	+1km/h	+1km/h	+1km/h	0km/h	-1km/h	-1,5km/h	-2km/h	-2,5km/h

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