

Fiche n°1

**Tableau de correspondance entre la VME et les %
de course pour des efforts de 5 minutes**

| VME (km/h) | 100% VME | 70% VME | 60% VME |
|------------|---------------------|--------------|--------------|
| 9.5 | 1T + 300 (2'40) | 1 T + 100 | 1T +50 |
| 10 | 1T + 350 (2'37) | 1T + 150 | 1T +75 |
| 10.5 | 2 (2'30) | 1T + 200 | 1T + 100 |
| 11 | 2T + 40 (2'23) | 1T + 220 | 1T + 100 |
| 11.5 | 2T + 60 (2'19) | 1 T + 240 | 1 T + 125 |
| 12 | 2T + 100 (2'13) | 1T + 250 | 1T + 150 |
| 12.5 | 2T + 150 (2'07) | 1T + 275 | 1 T + 175 |
| 13 | 2T + 180 (2''02) | 1T + 300 | 1T + 200 |
| 13.5 | 2T + 200 (2') | 1T + 325 | 1T + 225 |
| 14 | 2T + 250 (1'54) | 1T +350 | 1T + 250 |
| 14.5 | 2 T + 300 (1'49) | 1T +375 | 1 T + 275 |
| 15 | 2T + 350 (1'45) | 2T | 1 T + 300 |
| 15.5 | 3T (1'40) | 2T +50 | 1 T + 325 |
| 16 | 3T + 50 (1'36) | 2T + 100 | 1 T + 350 |
| 16.5 | 3T + 100 (1'32) | 2T +150 | 1T + 375 |
| 17 | 3T + 150 (1'29) | 2T + 175 | 2 T |
| 17.5 | 3T + 200 (1'26) | 2T + 200 | 2T +25 |
| 18 | 3T + 250 (1'23) | 2T + 250 | 2T + 50 |
| 18.5 | 3T + 300 (1'20) | 2 T + 300 | 2T +100 |

Fiche n°2

**Calcul du nombre de plots à atteindre pour une
vitesse donnée en 1 minute**

| VME (km/h) | 110% VME | 100 VME | 90% VME | 80% VME | 70% VME | 60% VME |
|------------|----------|---------|---------|---------|---------|---------|
| 9.5 | 3.5 | 3 | 3 | 2.5 | 2.5 | 2 |
| 10 | 3.5 | 3 | 3 | 2.5 | 2.5 | 2 |
| 10.5 | 4 | 3.5 | 3 | 3 | 2.5 | 2 |
| 11 | 4 | 3.5 | 3.5 | 3 | 2.5 | 2.5 |
| 11.5 | 4 | 4 | 3.5 | 3 | 2.5 | 2.5 |
| 12 | 4.5 | 4 | 3.5 | 3 | 3 | 2.5 |
| 12.5 | 4.5 | 4 | 4 | 3.5 | 3 | 2.5 |
| 13 | 5 | 4.5 | 4 | 3.5 | 3 | 2.5 |
| 13.5 | 5 | 4.5 | 4 | 3.5 | 3 | 3 |
| 14 | 5 | 4.5 | 4 | 4 | 3.5 | 3 |
| 14.5 | 5.5 | 5 | 4.5 | 4 | 3.5 | 3 |
| 15 | 5.5 | 5 | 4.5 | 4 | 3.5 | 3 |
| 15.5 | 5.5 | 5 | 4.5 | 4 | 3.5 | 3 |
| 16 | 6 | 5.5 | 5 | 4.5 | 4 | 3 |
| 16.5 | 6 | 5.5 | 5 | 4.5 | 4 | 3.5 |
| 17 | 6 | 5.5 | 5 | 4.5 | 4 | 3.5 |
| 17.5 | 6.5 | 6 | 5 | 4.5 | 4 | 3.5 |
| 18 | 6.5 | 6 | 5.5 | 5 | 4.5 | 3.5 |
| 18.5 | 7 | 6 | 5.5 | 5 | 4.5 | 4 |

Fiche n°3**Temps au tour pour une allure donnée**

| VME (km/h) | 110% VME | 100 VME | 90% VME | 80% VME | 70% VME | 60% VME |
|-----------------------|---------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| 9.5 | 2.17 | 2.32 | 2.47 | 3.09 | 3.35 | 4.12 |
| 10 | 2.12 | 2.25 | 2.42 | 3.01 | 3.29 | 4 |
| 10.5 | 2.05 | 2.17 | 2.33 | 2.51 | 3.18 | 3.48 |
| 11 | 1.59 | 2.11 | 2.25 | 2.43 | 3.07 | 3.38 |
| 11.5 | 1.55 | 2.04 | 2.19 | 2.35 | 3 | 3.27 |
| 12 | 1.49 | 2 | 2.13 | 2.30 | 2.51 | 3.20 |
| 12.5 | 1.45 | 1.55 | 2.08 | 2.23 | 2.43 | 3.11 |
| 13 | 1.40 | 1.50 | 2.02 | 2.18 | 2.37 | 3.03 |
| 13.5 | 1.37 | 1.47 | 1.58 | 2.14 | 2.32 | 2.58 |
| 14 | 1.34 | 1.43 | 1.54 | 2.09 | 2.27 | 2.51 |
| 14.5 | 1.30 | 1.39 | 1.49 | 2.05 | 2.23 | 2.45 |
| 15 | 1.27 | 1.36 | 1.46 | 2 | 2.16 | 2.39 |
| 15.5 | 1.24 | 1.33 | 1.42 | 1.56 | 2.12 | 2.35 |
| 16 | 1.21 | 1.30 | 1.39 | 1.51 | 2.09 | 2.31 |
| 16.5 | 1.19 | 1.27 | 1.37 | 1.49 | 2.06 | 2.25 |
| 17 | 1.17 | 1.24 | 1.34 | 1.45 | 2.01 | 2.21 |
| 17.5 | 1.14 | 1.22 | 1.31 | 1.43 | 1.59 | 2.17 |
| 18 | 1.12 | 1.19 | 1.28 | 1.39 | 1.53 | 2.13 |
| 18.5 | 1.10 | 1.18 | 1.27 | 1.37 | 1.50 | 2.11 |