

Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
15-janv.	PPS	10	100%		20		00:00:30	00:00:30						00:20:00
		11	100%		20		00:00:30	00:00:30						00:20:00
		12	100%		20		00:00:30	00:00:30						00:20:00
		13	100%		20		00:00:30	00:00:30						00:20:00
		14	100%		20		00:00:30	00:00:30						00:20:00
		15	100%		20		00:00:30	00:00:30						00:20:00
		16	100%		20		00:00:30	00:00:30						00:20:00
		17	100%		20		00:00:30	00:00:30						00:20:00
		18	100%		20		00:00:30	00:00:30						00:20:00
		19	100%		20		00:00:30	00:00:30						00:20:00
Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
17-janv.	Vitesse longue - 800m	10	82%	<b>00:01:28</b>	4	800	00:05:51	00:01:40				00:00:00	00:01:40	00:30:05
		11	83%	<b>00:01:19</b>	4	800	00:05:15	00:01:40				00:00:00	00:01:40	00:27:42
		12	84%	<b>00:01:11</b>	4	800	00:04:46	00:01:40				00:00:00	00:01:40	00:25:43
		13	85%	<b>00:01:05</b>	5	800	00:04:21	00:01:40				00:00:00	00:01:40	00:30:03
		14	86%	<b>00:01:00</b>	5	800	00:03:59	00:01:30				00:00:00	00:01:30	00:27:26
		15	87%	<b>00:00:55</b>	5	800	00:03:41	00:01:30				00:00:00	00:01:30	00:25:53
		16	88%	<b>00:00:51</b>	6	800	00:03:25	00:01:25				00:00:00	00:01:25	00:28:57
		17	89%	<b>00:00:48</b>	6	800	00:03:10	00:01:20				00:00:00	00:01:20	00:27:02
		18	90%	<b>00:00:44</b>	7	800	00:02:58	00:01:20				00:00:00	00:01:20	00:30:04
		19	91%	<b>00:00:42</b>	7	800	00:02:47	00:01:20				00:00:00	00:01:20	00:28:46