

Palier	Durée (minutes)	Vitesse (Km/h)	VMA (Km/h)	VO ₂ max (mL/min)	VO ₂ maxsp (mL/min/kg)
1	1	8.5	8.8	23.6	46.9
2	2	9	9.5	26.6	49
3	3	9.5	10.3	29.6	51.1
4	4	10	11	32.6	53.1
5	5	10.5	11.8	35.6	55.2
6	6	11	12.5	38.6	57.3
7	7	11.5	13.3	41.6	59.4
8	8	12	14	44.6	61.5
9	9	12.5	14.8	47.6	63.5
10	10	13	15.5	50.6	65.6
11	11	13.5	16.3	53.6	67.7
12	12	14	17	56.6	69.8
13	13	14.5	17.8	59.6	71.9
14	14	15	18.5	62.6	73.9
15	15	15.5	19.3	65.6	76
16	16	16	20	68.6	78.1
17	17	16.5	20.8	71.6	80.2
18	18	17	21.5	74.6	82.3
19	19	17.5	22.3	77.6	84.3
20	20	18	23	80.6	86.4