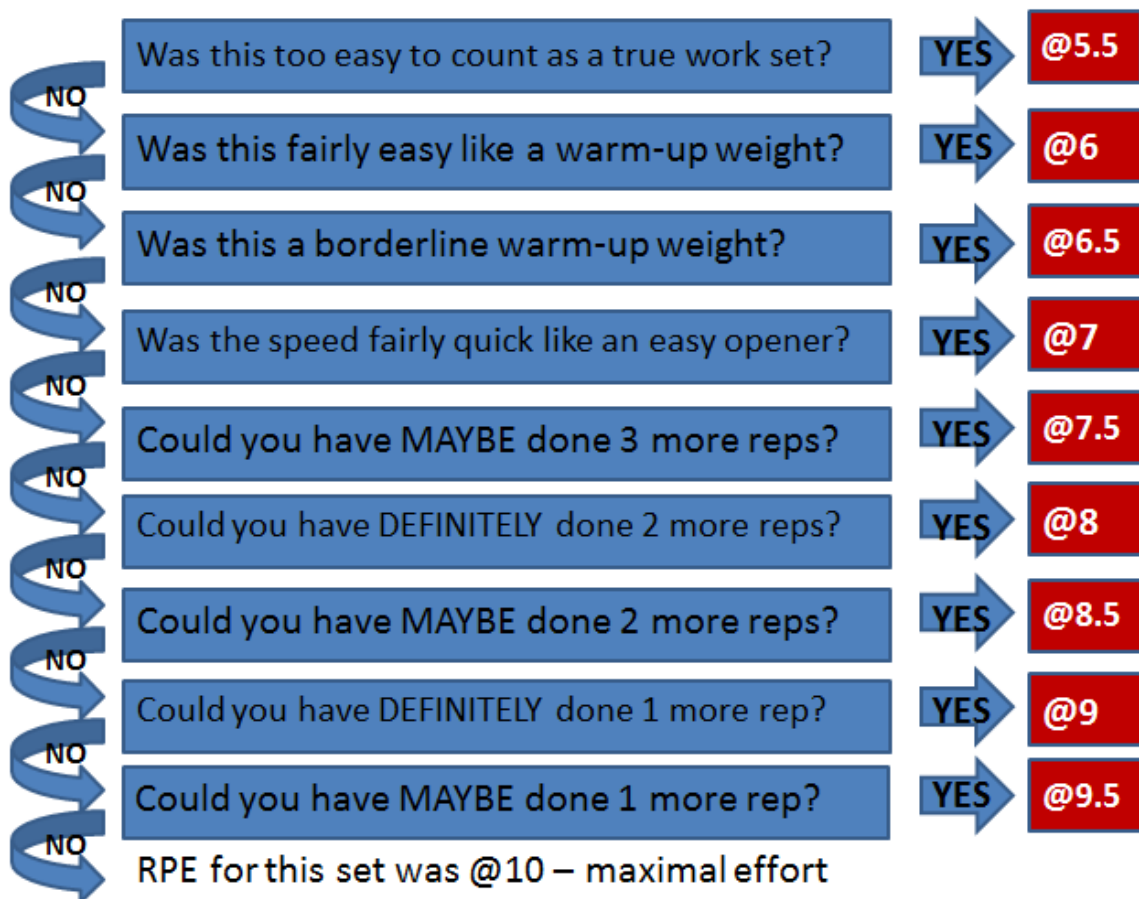


RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

RATE OF PERCEIVED EXERTION (RPE)			
RPE	Description	Time of possible work	Training Zones
1	Almost still	No limit	
2	Easy - Walking pace	All day	Zone 1
3	Quite easy - you are breathing	Hours and hours	Zone 2
4	A little more difficult than 3	A little less than 3	Zone 2
5	You're working - medium breathing	A number of hours	Zone 3
6	A bit harder than 5	Limited hours	Zone 3
7	You feel that it is hard work	About an hour	Zone 4
8	Difficult - heavy breathing	Up to 30'	Zone 4+
9	Difficult to maintain - laboured breathing	Minutes	Zone 5
10	You feel that you're about to die	Less than a minute	Zone 5+

RATING OF PERCEIVED EXERTION (RPE)

Borg's Scale	(Gunner borg 1982):	Modified Borg Scale:
6-		0- at rest
7- very, very light		1- very easy
8-		2- somewhat easy
9- very light		3- moderate
10-		4- somewhat hard
11- fairly light		5- hard
12-		6-
13- somewhat hard		7- very hard
14-		8-
15- hard		9-
16-		10- very, very hard
17- very hard		
18-		
19- very, very hard		
20-		



RPE	Our description	What you'd say!	Breathing	Talking	%VO ₂ Max	% of threshold speed	% HRR	Description	Race intensity
0	Very very easy	Rest	Relaxed	Normal	0-35	<95	<60	Recovery and early aerobic build-up	N/A
1	Very easy	Really easy	Normal	Normal	35				
2	Easy	Easy	Normal	Normal	45				
3	Moderate	Moderate	Comfortable	Easy	84	95	60	"Bread and butter"	Ultras
4	Somewhat hard	Sort of hard	Noticeable	Somewhat difficult	88		70	Sub-threshold/high aerobic training	Marathon to half-marathon
5	Hard	Hard	Deep, but steady	Difficult	89		75	Threshold pace (1 hour pace)	15 k / 10 mi
6	Between hard and really hard	HARD	Deep & somewhat rapid	Difficult - very difficult	92	104	80	Introductory anaerobic training	10000 m
7	Really hard	VERY HARD	Deep & rapid	Very difficult	96	109	85	Anaerobic training	5000 m
8	Very strong	The coach tried to kill us!	Very deep & very rapid	Extremely difficult	100	113	90	VO2max training (8 minute pace)	3000 m
9	Really, really hard!	I feel like death warmed up	Very deep & very rapid	No	108	119	95	Middle-distance (glycolytic anaerobic)	1 mile and faster
10	Just like my hardest race	Oh s---!	Breathlessness	Impossible	118	133	100	paces	