

Rating of Perceived Exertion

	% of Max HR	Zone	RPE	Talk Test	Time in Zone
Active Recovery (Base)	45-60%	1	< 4	Full conversation pace. Can talk with complete sentences.	Unlimited
Long Endurance (IM)	60-70%	2	4 – 5	Short sentences.	Trained 10hrs+ Untrained up to 3-hours
Endurance (70.3)	70-80%	3	5 – 6	Few words at a time. Focus is on effort and form.	Trained 6hrs+ Untrained up to 2-hours
Lactic Threshold (Sprint)	80-90%	4	6 – 7	No talking. Focus is on effort and form	Trained 30-90 min Untrained 3-30 min
Max Vo2 (Specific Training)	90-100%	5	9-10	Maximum exertion. 2-5 minutes at this pace.	Specific training Only

Borg's Rating of Perceived Exertion

The 10- Point Scale

Borg's rating of perceived exertion scale takes into account the exercisers own perceptions of their fatigue. On the revised version of the Borg scale, the perceived effort is assigned a rating between 1 and 10. On the 10-point Borg scale, participants should experience RPE anywhere from 4 to 8, which corresponds to an estimated heart rate of 60 to 80% of the estimated maximum heart rate.

- 1 (Nothing at all)
- 2 (Weak)
- 3 (Moderate)
- 4 (Somewhat strong) Able to maintain a conversation while running.
- 5 (Strong) Short sentences only.
- 6 Focus is on stride and breathing. No more talking
- 7 (Very strong)
- 8 Breathing is rhythmic and very hard now.
- 9 You could go a little faster but not for long.
- 10 (Very, very strong)