

Rating of Perceived Exertion (RPE)/Training Zones

Zone	Rating of Perceived Exertion or RPE	Pace and Breathing (Using Running as the Example)	Other Terms Used To Describe Each Zone & Purpose
1	1-2	Pace and breathing is easy and relaxed. You should easily be able to hold a conversation.	Easy, Aerobic, Conversational Pace— <i>Recovery</i>
2	3-4	Pace and breathing rate increase slightly. Running pace remains comfortable and conversation is still possible.	Aerobic, Extensive Endurance, Aerobic Threshold (AeT)— <i>IM & ½ IM race-pace for novices</i>
3	5-6	Pace is moderate and breathing becomes a bit labored. Conversation is still possible, but becomes abbreviated.	Tempo, Intensive Endurance— <i>IM & ½ IM race-pace for experienced athletes</i>
4	7	Pace is fast and uncomfortably hard. Breathing is deep and labored.	Sub-threshold, Muscular Endurance— <i>Cruise intervals</i>
5a	8	Pace is very fast and uncomfortable. Breathing hard and conversation is difficult.	Lactate Threshold, Anaerobic Threshold (AT), Muscular Endurance— <i>Olympic race-pace/10K pace for experienced athletes is in the range of zones 4- 5a, and zones 1-3 for novice athletes</i>
5b	9	Pace is challenging and very uncomfortable, but sustainable for 15-30 minutes. Breathing is heavy and much labored.	Aerobic Capacity, Speed Endurance, Anaerobic Endurance— <i>Sprint race-pace/5K for experienced athletes is in the range of zones 4- 5b, and zones 1-4 for novice athletes</i>
5c	10	Pace is a sprint effort that is extremely uncomfortable and only can be held for a minute (+ or -). Breathing is at maximal exertion. Ouch!	Anaerobic Capacity, Power— All out sprint at the finish of a race