

Rating of Perceived Exertion (RPE)/Training Zones for Swimming

Zone	Swim Pace	Rating of Perceived Exertion/RPE
1	Easy effort	1-2
2	*T-pace + 10 seconds per 100	3
3	T-Pace + 5 seconds per 100	4-5
4	T-Pace	6-7
5a	T-Pace	8
5b	T-Pace – 5 seconds per 100	9
5c	All out sprint	10

***T-pace = 100 yard/meter average for a 1000 yard/meter time trial**