



Exertion Scale & Training Zones/Training Efforts

20 Point Scale (RPE – Rating of Perceived Exertion)

1-5	Extremely light or minimal
6	20% effort – very, very light (rest)
7	30% effort
8	40% effort
9	50% effort – very light (
10	55% effort
11	60% effort
12	65% effort
13	70% effort – moderately hard (steady pace)
14	75% effort
15	80% effort – hard
16	85% effort
17	90% effort – very hard
18	95% effort
19	100% effort – very, very hard
20	Exhaustion

Zones/Effort

(shown as a % of Lactate Threshold Heart Rate – LTHR)

Zone 1 (E1)	Active Recovery – less than 81% LTHR	RPE of 1-9
Zone 2 (E2)	Endurance – 82%-88% LTHR	RPE 10-12
Zone 3 (E3)	Muscular Endurance 89%-93% LTHR	RPE 13 - 14
Zone 4 (E4)	Threshold – 94% - 100% LTHR	RPE 15-16
Zone 5 (E5)	Anaerobic/Power – 100% +	RPE 17-20

References:

Friel, Hobson, 2005. Workouts in a Binder. Velo Press.