

RPE Chart







(Rate of Perceived Exertion)

Training Zone

%FTP
(Functional Threshold Power)

%MHR
(Maximal Heart Rate)

%FTHR
(Functional Threshold Heart Rate)

	<p>10</p> <p>Max Effort Activity</p> <p>Feels almost impossible to keep going. Completely out of breath. Unable to talk.</p>	<p>Zone 6</p> <p>Neuromuscular / Power</p>	>150%	95 - 100%	N/A
	<p>9</p> <p>Very Hard Activity</p> <p>Very difficult to maintain exercise intensity. Cannot hold a full sentence.</p>	<p>Zone 5</p> <p>VO2 Max / Anaerobic</p>	105 - 120%	90 - 95%	105 - 120%
	<p>7-8</p> <p>Vigorous Activity</p> <p>Harder/Becoming uncomfortable. Short of breath, can speak in short sentences.</p>	<p>Zone 4</p> <p>Lactate Threshold</p>	90 - 105%	82 - 90%	94 - 105%
	<p>4-6</p> <p>Moderate Activity</p> <p>Feels like you can exercise for hours. Breathing harder/heavy. Can hold short conversation.</p>	<p>Zone 3</p> <p>Stamina / Tempo</p>	75 - 90%	75 - 82%	83 - 94%
	<p>2-3</p> <p>Light Activity</p> <p>Feels like you can maintain for hours. Easy to breathe and carry a conversation.</p>	<p>Zone 2</p> <p>Endurance / Aerobic</p>	55 - 75%	65 - 75%	68 - 83%
	<p>1</p> <p>Very Light Activity</p> <p>Anything other than sleeping - watching TV, sitting in a chair etc.</p>	<p>Zone 1</p> <p>Recovery / Basic Endurance</p>	<55%	60 - 65%	<68%