

RUNNING INTENSITY CHART

This is how you define your intensity level



RPE Scale (1-10)	General Intensity Level	Percent Max Capacity	Feeling	Breathing	Talk Test	Description	Purpose/Adaptation
1	Easiest	10%	Easiest pace. Takes focus to maintain this easy of an intensity	Normal	Effortless Conversation		Typically used during warm-up and cool-downs.
2	Easier	20%	This is your all day pace. Minimal accumulation fatigue. Very comfortable pace.	Normal	Relaxed Conversational	Active Recovery	Light aerobic, low intensity work. Sustainable and fat burning. Short term maintenance of physiological abilities
3	Easy	30%		Comfortable	Conversational	Aerobic Threshold	Possible sweating. Relaxed and controlled. Increased fat utilization. General cardiovascular fitness. Slow twitch muscle fiber recruitment. Lactate clearance.
4	Easy/Moderate	40%	This is your 40-60min pace at max effort. Tempo, steady, sustainable intensity.	Slight increase in respiration and heart rate	Slight Interference		
5	Moderate	50%		Controlled & Steady	2-3 Sentences		
6	Moderate/Hard	60%	This is your 20-30min pace at max effort. Pace should feel challenging and/or difficult to maintain.	Deep & Rapid	Broken Sentences. Beginning to Self Talk	VO2max	Sweating freely. Physical stress. Increased maximal cardiac output, increased oxidative capacity, fatigue resistance of fast twitch muscle fibres, increased power. Developing oxygen transport to the muscles under stress.
7	Hard (Fast)	70%			Heavy Breathing Speaking in Syllables		
8	Harder (Faster)	80%	This is your 6-8min pace at max effort.	Bordering hyperventilation	Only able to speak 2-3 words		
9	Hardest (Fastest)	90%	This is your near max effort pace up to ~1-2min. This pace can only be maintained for short amounts of time during interval workouts.	Hyperventilation	Extremely Difficult	Anaerobic Capacity	Sweating heavily. Very stressful. Increased muscle buffering capacity, increased speed, strength and power. Unsustainable. 100% carbohydrate. Accustoming the body to work without oxygen.
10	Sprint or Max Effort	100%	This is your sprint pace for up to ~20-30sec.	Breathless	Impossible	CNS Neuromuscular	

