

# RPE CHART | Rates of Perceived Exertion

We often use Rate of Perceived Exertion (RPE) as a way to prescribe intensity levels for conditioning pieces. This chart describes how conditioning should feel for certain time domains and their benefit. Aligning your efforts with this chart will insure you keep improving without burn out. The **orange zones** indicate the sweet spot for our standard conditioning programming.

RPE	TRAINING ZONE	EFFORT	BREATHING	HEART RATE	RACE PACE	PURPOSE
1-2	Zone 1	Minimal	Normal	<60%	Indefinite	Recovery
3	Zone 2	Easy	Light	65% - 70%	3-5 hours +	Aerobic Endurance
4	Zone 2-3	Easy-Moderate	Light-Moderate	70% - 75%	2-4 hours	Aerobic Endurance
5	Zone 3	Moderate	Moderate	75% - 80%	1-2 hours	Lactate Threshold
6	Zone 3-4	Moderate-Hard	Moderate-High	80% - 85%	45-60 minutes	Lactate Threshold
7	Zone 4	Hard	High	85% - 90%	15-45 minutes	VO2Max
8	Zone 5	Very hard	Very High	90% - 95%	5-12 minutes	VO2Max / Anaerobic Capacity
9	Zone 6	Near maximal	Labored	>95%	2-3 minutes	Anaerobic Capacity
10	Zone 7	Maximal	Uncontrolled	100%	<1 minute	Neuromuscular Power