

RPE CHART

RATE OF PRECIEVED EXERTION

LEVEL	STRENGTH	CONDITIONING
10	ABSOLUTE MAX EFFORT	SPRINT
9.5	NEAR MAX EFFORT	ALMOST SPRINT
9	Could maybe do one more rep/ add more load	PAINFUL, OPEN/ COMPETITION PACE
8.5	Very tough. Could maybe do 2 more Reps, but could add more load	VERY HARD, PAINFUL EFFORT. YOU HAVE ANOTHER “GEAR”
8	Could do 2 more	VERY CHALLENGING “TRAINING PACE”
7.5	Moderate/ Tough but could do 2 more reps, maybe 3	TOUGH BUT SUSTAINABLE PACE
7	Moderate but could easily do 3 more reps	FEELS LIKE WORK BUT IS EASILY SUSTAINED
5-6	Could do 6+ more reps	ZONE 2 EFFORT
1-4	Very easy, almost no effort	AT REST/ WALKING