

RPE Training Charts (Rate of Perceived Exertion)

For Heart Rate Training, Conditioning, & Met-Cons

% Max HR	HR Zone*	% Effort:	Feel:	Intervals
97%	VO2/TAPE	95-100%	Everything you have in a short burst. Only sustainable for a very short period.	Max Effort Repeats. Saving no energy for later sets.
95%	Threshold	90-95%	Very tough effort, very heavy breathing. Uncomfortable and can't speak, feels like "Fran"	
90%	EN 3	80 -90%	Hard effort, tough to speak, and requires focus to hold pace. Feels like a 5-15 min AMRAP or "Helen".	Hard but sustainable efforts across. A noticeable increase in difficulty and fatigue, but able to maintain the same pace.
85%				
80%	EN 2	70-80%	Heavy breathing, but sustainable for longer periods. Feels like a 20 min AMRAP or tough hike up a mountain.	Steady pace. Able to maintain a negative split across each set.
75%				
70%	EN 1	60-70%	Moderate push & effort, but still able to hold a brief conversation. Feels like a mild hike up a mountain.	Easy & repeatable efforts with no major notice in fatigue or difficulty.
65%				
60%	Recovery	30-60%	Able to maintain a conversation without getting out of breath. Feels like yard work.	N/A

*Most of these heart rates are easier to sustain on stationary machines. For most, running & met-cons will naturally have 5-10% increase in heart rate without a noticeable increase in RPE.

**If unsure of max HR, use the general formula of 220 minus your age in years.

For RUNNING

RPE Scale	Effort	% Effort	Pace	Feel
10	Max effort	100%	20-30 sec All Out, 100-200m Sprint Effort	Everything you have in a short burst. Only sustainable for a very short period.
9	Very hard intensity	90-95%	60-75 sec Intervals, Around 400m TT Effort	Very tough effort with very heavy breathing. Uncomfortable after a few seconds. Difficult to speak.
8	Hard Intensity	85-90%	2-5 min Intervals, Around 800m TT Effort	Hard effort, tough to speak, and requires focus to hold pace.
7	Vigorous activity	80-85%	5-10 min Intervals, Around 1600m TT Effort	Hard/constant effort, uncomfortable to hold pace, but can still speak in short sentences.
6	Hard activity	70-80%	10-20 min Intervals, Around 3k-5k TT Effort	Heavy breathing, but sustainable for 30-60 minutes.
5	Progressive Pace	65-70%	20-30 min Intervals, Around 10k TT Effort	Moderate push & effort, but still able to hold a brief conversation.
4	Comfortable w/ light effort	30-60%	30-45 min Run, around 60-90 Minute TT Effort	Slight push in effort, but a pace you can still hold a conversation.
3	Comfortable		30-45 min Jog/Light Run	Able to maintain a conversation without getting out of breathe.
2	Light & Easy		45-60+ min Easy Jog/Recovery Run	Easy & can sustain for hours, easy to maintain conversation.
1	Very minimal effort		All Day Pace	Easy stroll pace. Something you can do all day long.

*TT = Time Trial

For STRENGTH

RPE Scale	Effort	% Effort	RIR (Reps in Reserve)	Feel
10	Max effort	100%	Nothing left	Everything you have in a short burst. A one rep max attempt
9.5	Very hard effort	95-97%	1 rep left, close to failure	A very heavy effort but submaximal & not to failure.
9	Hard effort	87-90%	1 rep left in the tank	A heavy effort but still good speed & form. Think a "tough single for the day".
8.5	Tough effort	85-87%	2 reps left in the tank	Hard reps, but very completeable, maybe 5-10# (2-4kg) more in the tank for 1-2 more reps
8	Pretty tough effort	80-85%	2 reps left in the tank	Heavy but still good form and speed. A load you could touch and go without rest between reps for multiple sets.
7.5	Kinda tough effort	75-80%	2-3 reps left in the tank	Slightly heavier than moderate. Loading you can do for high reps and multiple sets that feel strong & fast.
7	Mild effort	70%	3 reps left in the tank	Easy load with good speed. What you would use for a de-load or back off sets.
5-6	Easy effort	40-60%	4-5 reps left in the tank	An easy load you would use for warm-up or light technique work.
3-4	Light & Easy	30-40%	6-7 reps left in the tank	Very easy loading. Something you would use for accessory work, rehab, or warm-up sets.
1-2	Very minimal effort		8-9 reps left in the tank	As light as it gets. Learning a new movement, doing mobility work or warm-up sets.