

# RATE OF PERCEIVED EXERTION (RPE) THIS WILL GUIDE YOUR PACE WHILE RUNNING



RPE Scale								
RPE	What you'd say!	Breathing	Talking	% VO2max	%HRR	Description	Race Intensity	Duration You'll Be Able to Hold This Pace
0	I'm resting	Relaxed	Normal talking	0-35%	< 60%	Recovery and early aerobic build-up	N/A	Indefinite
1	Really easy	Normal	Normal talking	35%				
2	Easy	Normal	Normal talking	45%				
3	Moderate	Comfortable	Easy talking	84%	60%	"Can run forever at this pace" zone	Ultras	5+ hours
4	Somewhat hard	Noticeable increase	Less easy to talk	88%	70%	Sub-threshold/high aerobic training	Marathon to half-marathon	2-4 hours
5	Hard	Deep, but steady	Difficult to talk	89%	75%	Threshold pace (1-hr pace)	15k/10 mile	1 hour
6	Pretty hard	Deep and somewhat rapid	Challenging to talk	92%	80%	Introductory anaerobic training	10k	~30 minutes
7	Very hard	Deep and rapid	Very challenging to talk	96%	85%	Anaerobic training	5k	13-15 minutes
8	Extremely hard	Very deep and very rapid	Extremely challenging to talk	100%	90%	VO2max training (Fastest pace you can sustain for 8	3k	8 minutes
9	I thought I was going to get sick!	Very deep and very rapid	Hard to say one word	108%	95%	Middle-distance (glycolytic anaerobic) paces	1 mile and faster	< 5 minutes
10	Oh S**t!	Breathlessness	Impossible to talk	118%	100%			