

# RPE SCALE

Rate of Perceived Exertion

1	At complete rest
2	Walking
3	Very Light Jog
4	Recovery Run Very Conversational
5	Easy/Moderate Conversational and relaxed
6	Brisk Somewhat conversational (Marathon pace)
7	Can speak short sentences Heavy breathing (Half-marathon pace)
8	Can speak a few words Very heavy breathing (10K pace)
9	Can speak single words if needed Extremely heavy breathing (2K-5K pace)
10	Maximum effort Can't speak (Full sprint)

