

Charts provided by:
 Suzanne Atkinson, MD
 Owner & Coach
 Steel City Endurance, Ltd
www.steelcityendurance.com
 USAT & USAC Certified Coach

Borg Rating of Perceived Exertion (RPE) Scale		
Zone	RPE	Description
1 Recovery	6	
1 Recovery	7	Very, very light
1 Recovery	8	
2 Extensive Endurance	9	Very light
2 Extensive Endurance	10	
2 Extensive Endurance	11	Light
3 Intensive Endurance	12	
3 Intensive Endurance	13	Somewhat hard
3 Intensive Endurance	14	
4 Threshold	15	Hard
4 Threshold	16	
4 Anaerobic Endurance	17	Very hard
5 Anaerobic Endurance	18	
5 Power	19	Extremely hard
5 Power	20	Maximal exertion

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