

## RPE Scale

(Rating of Perceived Exertion) – By Curb Ivanic

RATING	DESCRIPTION	BREATHING/SWEAT RATE	RUN EXAMPLES
1	Very, very weak	Normal & easy	Walking
2	Weak	Normal & easy	Jogging, recovery, warm-up/cool-down
3	Some effort	Breathing little faster; light sweating	Easy pace run
4	Moderate	Breathing faster; some sweating	Steady state
5	Somewhat Hard	Heavier breathing, sweating	Maximum ultra pace
6	Strong effort	Heavy breathing, talking more difficult, heavy sweating	Marathon pace
7	Very Hard	Very heavy breathing, sweating; broken talking	Half-marathon pace
8	Intense	Very, very heavy breathing and sweating; speaking just a few words	10K pace
9	Very, very hard	Laboured breathing; profuse sweating; can barely speak a word	1 mile - 5k pace
10	Maximum effort	Gasping for air, maximum sweating, can't talk at all	Intervals, sprints