RPE SCALE

Rate of Perceived Exertion



1 At complete rest

Walking

Very Light Jog

Recovery Run
Very Conversational

Easy/Moderate
Conversational and relaxed

Brisk
Somewhat conversational
(Marathon pace)

Can speak short sentences
Heavy breathing
(Half-marathon pace)

Can speak a few words
Very heavy breathing
(10K pace)

Can speak single words if needed Extremely heavy breathing (2K-5K pace)

Maximum effort
Can't speak
(Full sprint)

