

RPE CHART

RATE OF PERCEIVED EXERTION

LEVEL	STRENGTH	CONDITIONING
10	ABSOLUTE MAX EFFORT.	SPRINT.
9.5	NEAR MAX EFFORT.	ALMOST SPRINT.
9	COULD MAYBE DO ONE MORE REP/ ADD MORE LOAD.	PAINFUL, OPEN/ COMPETITION PACE.
8.5	VERY TOUGH. COULD MAYBE DO 2 MORE REPS, BUT COULD ADD MORE LOAD.	VERY HARD, PAINFUL EFFORT. YOU HAVE ANOTHER "GEAR".
8	COULD DO 2 MORE.	VERY CHALLENGING "TRAINING PACE".
7.5	MODERATE/ TOUGH BUT COULD DO 2 MORE REPS, MAYBE 3.	TOUGH BUT SUSTAINABLE PACE.
7	MODERATE BUT COULD EASILY DO 3 MORE REPS.	FEELS LIKE WORK BUT IS EASILY SUSTAINED.
5-6	COULD DO 6+ MORE REPS.	ZONE 2 EFFORT.
1-4	VERY EASY, ALMOST NO EFFORT.	AT REST/WALKING.