



Rate of Perceived Exertion Guide



RPE	Effort Description	How It Should Feel	Typical Workout Type
1–2	Very Easy	Gentle walk or warm-up; complete sentences possible	Warm-up, Recovery, Rest day movement
3–4	Easy / Comfortable	You can talk in full sentences; breathing steady	Easy runs, Long runs
5–6	Moderate	Conversation possible but slightly labored	Steady-state, Aerobic base runs
7–8	Hard	Short phrases only; breathing deep and controlled	Tempo, Progression finishes
9	Very Hard	Single words only; effort near maximum	Hill sprints, Short intervals, Strides
10	Max Effort	Cannot talk; all-out sprint	Finishing kick, Max sprint efforts