

Zone	RPE Words	RPE #	RPE Description	Example	FT HR	rFTPw	Zone Name	Energy Sys
1	"Easy"	1-2	Resting to comfortable and can maintain pace all day	Warm-up, Warm-down	75-80%	<81%	Recovery	Aerobic
2	"Moderate"	3-4	Comfortable, but breathing a bit harder to sweating a little, feel good & can carry on conversation comfortably	1/2 and Full Ironman	81-90%	81-88%	Endurance	
3	"Strong"	5-6	Slightly above comfortable, sweating more and can talk easily to slightly breathless and definately sweating	Olympic Tri	91-95%	89-95%	Tempo	
4	"Fast"	7-8	On the verge of uncomfortable, short of breath, can speak a sentence and only keep pace for a short time	Sprint Tri	96-100%	96-105%	Threshold	Anaerobic
5	"Max"	9-10	Very difficult to maintain exercise intensity, can barely breath & speak a single word	400m or less	>101%	106%+	VO2max / Neuromuscular	Anaerobic / Phosphagen