

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