

Zone	RPE Words	RPE #	RPE Description	Example	% of HRmax	% of CSS	Zone Name	Energy Sys
1	"Easy"	1-2	Very low intensity to allow your body to get ready for, or recovery from, your training	Warm-up, Warm-down	50-60%	77-87%	Recovery	Aerobic
2	"Moderate"	3-4	Smooth swimming held for a very long time, potentially over an hour. Includes Drills and Technique	Easy Aerobic Training	60-70%	88-94%	Endurance	
3	"Strong"	5-6	Stronger swimming that is challenging but can still be held for longer periods (30-60min)	Tempo or Sweet Spot	70-80%	95-98%	Tempo	
4	"Fast"	7-8	Cannot sustain for more than 10-15min. Effective for pushing the boundaries of your aerobic training	Threshold Training	80-90%	99-104%	Threshold	Anaerobic
5	"Max"	9-10	Maximum speed that cannot be sustained for more than 2-4min.	Sprint	90-100%	>105%	VO2max / Neuromuscular	Anaerobic / Phosphagen