

| Zone | RPE Words | RPE # | RPE Description | Example | FT HR | FTP | Zone Name | Energy Sys |
|------|------------|-------|---|---------------------|----------------|----------|---------------|------------|
| 1 | "Easy" | 1-2 | Resting to comfortable and can maintain pace all day | Recover | <68% | <55% | Recovery | Aerobic |
| 2 | "Moderate" | 3-4 | Comfortable, but breathing a bit harder to sweating a little, feel good & can carry on conversation comfortably | Century, IM | 69-83% | 56-75% | Endurance | |
| 3 | "Strong" | 5-6 | Slightly above comfortable, sweating more and can talk easily to slightly breathless and definately sweating | 50m, HIM | 84-94% | 76-90% | 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 | 40km TT, Sprint Tri | 95-105% | 91-105% | Threshold | Anaerobic |
| 5 | "Max" | 9 | Very difficult to maintain exercise intensity, can barely breath & speak a single word | 1-2 miles | >106% (Zone 5) | 106-120% | VO2max | |
| 6 | "All Out" | 10 | Feels almost impossible to keep going, out of breath, unable to talk | Track Sprinter | | >121% | Neuromuscular | Phosphagen |