

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