

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| *RPE* | *1-2* | *3-4* | *5-6* | *7-8* | *9-10* |
|  | Very easy, for most people this would be a walk. | Easy, be able to hold a conversation while running. | Moderate, conversation starts taking a bit of strain. | Comfortably Hard, could get out around 1 sentence at a time. | Hard, could only manage a couple of words |

**RPE** stands for rate of perceived exertion. Attached is a scale of how the effort should be feeling at each intensity.