

Teaching Intensity

Exertion	RPE	Maximum Heart Rate	Percent Effort
No Exertion	6	91	20%
Extremely Light	7	101	30%
	8	111	40%
Very Light	9	122	50%
	10	132	55%
Light	11	142	60%
	12	153	65%
Somewhat Hard	13	163	70%
	14	173	75%
Hard	15	184	80%
	16	194	85%
Very Hard	17	204	90%
	18	215	95%
Extremely Hard	19	225	100%
Maximal Exertion	20	235	Exhaustion

References:

Borg G. Borg's Perceived Exertion and pain Scales, Human Kinetics. 1998. (Figure 7.3, page 49)

Roberts SO. Chapter 12: Principles of prescribing exercise. Pages 235-261 (pages 240-241). IN:

Roberts SO, Robergs RA, Hanson P (editors). Clinical Exercise Testing and Prescription. Theory and Application. CRC Press. 1997.

Sallis RE, Massimino F. ACSM's Essentials of Sports Medicine. Mosby 1997. Page 15.

Warm-up typically starts at about an RPE of 11 or 12 and works up towards a 14 by end of warm-up

Endurance 1 training is in the RPE range of 12-13 (about 20% of your aerobic training should be at this level)

Endurance 2 training is in the RPE range of 14-15 (about 60% of your aerobic training should be done at this level)

Endurance 3 training is in the RPE range of 16-17 (about 20% of your aerobic training should be at this level)

Sprint training is always up in the RPE range of 17-19 depending on distance (25 yards. - 200 yards.)