

RPE	Description	%maxHR	
<b>1</b>	Rest	<60%	Conversation
<b>2</b>	Easy Low	60%	
<b>3</b>	Easy High	65%	
<b>4</b>	Moderate Low	70%	Broken Conversation
<b>5</b>	Moderate High	75%	
<b>6</b>	Hard Low	80%	Broken Conversation
<b>7</b>	Hard Low	85%	
<b>8</b>	Hard High	90%	No Conversation
<b>9</b>	Hardest Low	95%	
<b>10</b>	Hardest – Vomit Pace	100%	