



Rate of Perceived Exertion ***Common Questions***

What is RPE?

RPE is a numerical value that we assign to the feelings you typically have during training. It's based on the amount of effort you believe or estimate you are putting out to complete a physical activity.

What are the benefits of using RPE?

RPE is a method of getting to know your body better and to be more present and aware of what you're doing during training. It gives additional indications about training, in addition to other factors you may use such as heart rate, pace, etc., which in conjunction help to measure your level of fatigue, your athletic awareness, and your capabilities and areas for improvement.

What are the limitations of using RPE?

It can vary significantly, depending on your level of muscular fatigue, energy levels, stress levels, nutrition/hydration, the environment you're training in, your attitude that day, etc. Additionally, the only device that measures RPE is your mind, so in order for RPE to function, you should be aware of your levels of exertion while training and keep a running record.

What does RPE look like in training?

You'll see something like this in your training:

Workout:

3 x (12' run @ RPE 2-4, 3' walk)

This means you will run for 12 minutes feeling between very comfortable and an effort in which you're working a bit but can still talk.

What is the RPE table?

Assigned Numerical Value	Feelings
1	Very easy, normal breathing and no muscular pain/fatigue.
2	Very comfortable, a pace you could hold all day.
3	You still feel comfortable but you're breathing a bit harder now.
4	You're sweating a little and breathing harder but you can still talk.
5	You're sweating significantly and slightly uncomfortable, but you don't feel terrible either. You're breathing harder but you can still talk.
6	You can talk but it's difficult talking and breathing at the same time. You're sweating a lot.
7	You no longer want to talk; you're breathing hard and sweating harder.
8	You feel uncomfortable. You can't talk and you feel as if this would be a hard effort to maintain for more than 20 minutes.
9	You ask yourself, "Is my coach trying to make me throw up?" It's very difficult for you to maintain that level of effort, but you can.
10	You're 100% sure that your coach wants you to puke... but then you forget because thinking requires too much energy.