



RATE OF PERCEIVED EXERTION/ HEART RATE ZONE CHART

One of the easiest ways to monitor your exercise intensity is to rate your perceived exertion (RPE). Below is a chart that describes your RPE in relation to heart rate zones.

- Zone 1:** Recovery
- Zone 2:** Extensive endurance
- Zone 3:** Intensive endurance/muscular endurance
- Zone 4:** Sub-threshold
- Zone 5a:** Threshold
- Zone 5b:** Super-threshold
- Zone 5c:** VO2 Max

RPE Zone	HR Zone	Description
1-2	Zone 1	Light effort
3-4	Zone 2	Moderate effort "conversational pace"
5-6	Zone 3	Somewhat hard effort
7-8	Zone 4	Hard effort
9	Zone 5a	Very hard effort
10	Zone 5b-5c	Very, very hard "max effort"