

Heart Rate Zones

Intensity	RPE	HR range (%MHR)	Time in zone	Best for	How it feels
Low	2	50-70	10-120 mins	Improving basic endurance, recovery	Low muscle load, can talk comfortably
Moderate	3-4	70-80	10-60 mins	Improving aerobic fitness	Sustainable, can still talk in short sentences
High	5-7	80-90	2-10 mins	Improving VO2 max, burning calories	Breathing hard, working hard
Max	8-10	90-100	<5 mins	Increasing endurance & total exercise capacity	Very tough! Heavy breathing, muscle fatigue



RPE Chart

Training Zone

% MHR

Rate of Perceived Exertion

	10 Max Effort Activity Feels almost impossible to keep going. Completely out of breathe, unable to talk.	Zone 6 Neuromuscular / Power	94-100%
	9 Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak a single word.	Zone 5 VO2max / Speed	89-94%
	7-8 Vigorous Activity On the verge of becoming uncomfortable. Short of breath, can speak a sentence.	Zone 4 Anaerobic / Threshod	82-89%
	4-6 Moderate Activity Feels like you can exercise for hours. Breathing heavily, can hold short conversation.	Zone 3 Stamina / Tempo	75-82%
	2-3 Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation.	Zone 2 Endurance / Aerobic	65-75%
	1 Very Light Activity Anything other than sleeping, watching TV, riding in a car, etc.	Zone 1 Recovery / Basic Endurance	60-65%