

The completely unofficial guide to translating RPE into various athletic training terms

RPE	~HR	PE/Hellemans	Power (% of CP60)	Friel	Coggan	Daniels	BTF	Training Goal
12-13	<70%	Easy	55%	Z1	1	E	Recovery	recovery/base
13-14	~70	Easy-Mod	70%	Z1-Z2	2	L	E1	endurance base
14-15	70-80%	Mod/Steady	85%	Z2	2	MP	E2a	endurance base
15-16	80-85%	Mod-Hard	90%	Z3	3		E2b	tempo/endurance (AeT)
16-17	85-90%	Hard	100% +/-	Z4	4 (FT)	T	E3	tempo/threshold (AT)
17-18	88-94%	Very hard	~110%	Z5a	5	I	E3	threshold/V02
18-19	92-97%	Extremely hard	~120%	Z5b	6	R	E4	V02/Power
19-20	98+%	All out	~140+%	Z5c	7		E4	Power

RPE=Rate of Perceived Effort/Exertion	E=easy
AeT=Aerobic endurance threshold	MP=marathon pace
VT=Ventilatory threshold	I=interval
AT=anaerobic threshold	R=repetition velocity
FT=functional threshold	T=threshold