



# RATE OF PERCIEVED EXERTION

## **RECOVERY: 1**

Can maintain for an unlimited time duration.



## **AEROBIC ENDURANCE: 2 - 3**

Can maintain for hours. Easy to breath and carry on a conversation.



## **STAMINA/LACTATE THRESHOLD: 4 - 5**

Becoming uncomfortable. Breathing heavily, can hold a short conversation.



## **SPEED/VO2 MAX: 6 - 7**

Uncomfortable. Short of breath and can only speak a sentence.



## **ANAEROBIC CAPACITY: 8 - 9**

Very difficult to maintain intensity. Labored breathing, barely able to speak.



## **NEUROMUSCULAR POWER: 10**

Can only maintain for seconds. Holding breath and unable to speak during efforts.

