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COACHING & EVENTS

Common Relationships Between Rate of Perceived Exertion, Effort & Heart Rate Zones

Talk Test	Can speak in full sentences with ease	Can still speak in full sentences but breathing a bit heavier	Breathing heavy, can only talk in short sentences	Breathing very heavy, can only talk in short phrases	Out of breath, can only speak a few words or none at all
	RECOVERY	**EASY**	**MODERATE**	**TEMPO**	**HARD**
RPE	1	2	3	4	5	6	7	8	9	10
Feel	😴	😂	😌	😀	😅	😐	😳	🥵	🤯	🫠
Effort	recovery effort	very easy effort	easy effort	steady effort	marathon effort	half marathon effort	*1-hour max effort*	10k effort	5k effort	mile effort	sprint/max effort
HR Zone	**HR Zone 1**	**HR Zone 2**	**HR Zone 3**	**HR Zone 4**	**HR Zone 5**
		Aerobic Threshold (AeT) Ventilatory Threshold 1 (VT1)		Anaerobic Threshold (AnT) Ventilatory Threshold 2 (VT2)	
HR	AeT-20% to AeT-10%	AeT-10% to AeT	AeT to AnT	AnT to Max HR-5%	Max HR-5% to Max HR
			AeT	AnT	
Metabolism	Aerobic fat oxidation	Aerobic fat oxidation dominates (maximum fat oxidation at top of Zone 2)	Anaerobic glycolysis / carbohydrate metabolism begins to dominate	Both aerobic and anaerobic capacities maxed out	ATP/CP and glycolysis, minimal aerobic involvement
Muscle Fibre Recruitment	Slow twitch (Type I)	Most slow twitch (Type I)	All slow twitch (Type I) + some fast twitch (Type IIa)	All slow twitch (Type I) + most fast twitch (Type IIa)	All slow twitch + all fast twitch (Type IIa & IIx)
Training Effect	Recovery, aerobic conditioning	Aerobic capacity, economy	Aerobic capacity, anaerobic capacity, lactate shuttle, economy	Maximal aerobic power, strength/ speed endurance, economy, technique	Power, speed, technique, anaerobic capacity, aerobic endurance
Training Method	Continuous 30 min to several hours	Continuous 30 min to 2 hours	Continuous to 60 min, interval 10-20 min	Interval 30 secs to 8 min	Interval 8 secs to 2 min

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