

Monitoring Your Intensity
Comparisons

**Volume of Oxygen Percentage consumed related to Talk Test, RPE Monitors for exertion
Paraphrased and summarized from Exercise ETC Workshop August 18, 2012**

- ✓ Participants should be able to breathe comfortably and deeply during the entire workout.
- ✓ If participant is short of breath, panting, or gasping and is unable to talk, the workout is too intense; it means they're working too hard and need to slow down speed and reduce effort

RPE	% VO2	Exertion	Talk test	
3	50%	Very light	Speaks normally	Rate of Perceived, Exertion (RPE) 0.5 Extremely Weak (Just Noticeable) 1 Very Weak 2 Weak
4	60%	Fairly light	Speaks normally	3 Somewhat Light
5	70%	Somewhat hard endurance	Slightly out of breath	4 Light
6	75%	Hard Stamina phase	Speaks haltingly no complete sentences	5 Somewhat Hard
7	85%	Hard to hard economy phase	Can gasp out 1 or 2 words	6 Hard
9	95%	Very, very hard Speed phase	Cannot speak.	7 Very Hard 8 Very Very Hard
				9 Extremely Hard 10 Maximal Exertion

**Pulse, related to RPE
How does it feel?**

0	No Pulse
.3	
.5	Just Noticeable
1	
2	Light
3	
4	
5	Heavy
6	
7	
8	
9	
10	Extremely Strong Max Pulse

Breathlessness Related to RPE

0	Nothing At All
.3	
.5	Very Very Slight
1	Very Slight
2	Slight
3	Moderate
4	Somewhat Severe
5	Severe
6	Or 7 Very Severe
8	Or 9 Very Very Severe
10	Maximal