



LEVELS OF EXERTION

PRE	BORG	INTENSITY	EQUIVALENT	TALKING
0	1 - 5	No exertion at all	You're Asleep	You're only capable of snoring
1	6-9	Minimal effort (ME)	A stroll in the park pace	Could do this all day long
2	10	Light and Easy (LE)	Jogging or power walk - recovery run pace	Not taxing at all, very gentle and easy to maintain a conversation
3	11 - 12	Comfortable Pace (CP)	Light Running	Comfortably nasal breathing only, able to maintain a conversation without getting out of breath
4	13	Comfortable with some effort (CE)	Running	Could breath through nose only just. A very slight push in your pace, you could speak a few sentences without struggling, pausing at end of sentences to breath
5	14 - 15	Progressive Pace (PP)	Running Sub tempo pace	Can hold a conversation but sentences are broken mid sentence but not to badly
6	16	Hard Activity (HA)	A good running pace. Tempo, challenging and uncomfortable able to sustain for 30 - 60 minutes	Breathing heavily, conversation is heavily stilted
7	17	Vigorous Activity (VA)	Hard Running Slightly faster than Tempo pace	Can speak in very short broken sentences, becomes uncomfortable quickly
8	18	Hard Exertion (HE)	Very Hard running, PR's , cooper test, Pace for Lactate field test or 5km time trial	Requires focus to maintain pace/intensity, hard to string more than 2- 3 words together
9	19	Very Hard Exertion (VHE)	Very very hard running Sustainable up to a minute or so such as a 400m race	Very hard to speak, breathing labored, requires focus to sustain effort. If you make me do that again I will call the police.
10	20	Absolute Maximum Exertion. (MAX)	Your hardest burst/sprint. Sustainable for 20-30 seconds max	Oh Shit! I'm going to explode