











# Rating of Perceived Exertion Chart

(Cardiovascular Endurance)

Based on Borg

20		I am dead!!!	100% VO2
19		I am probably going to die!	95% VO2
18		I can grunt in response to your questions and can only keep this pace for a short time period.	90% TEMPO/VO2
17		I can still talk but I don't really want to and I am sweating like a pig!	85% TEMPO
16		I can still talk but I am slightly breathless and definitely sweating.	80% LSD/TEMPO
15		I'm just above comfortable, I am sweating more and can talk easily.	75% LSD
14		I'm sweating a little, but I feel good and I can carry on a conversation comfortably.	70% LSD
10		I am still comfortable, but I'm breathing a bit harder.	50% RECOVERY
7		I'm comfortable and I can maintain this pace all day long.	35% WARM-UP
6		I'm watching TV and eating bon bons.	30%