

RUNNING: RTP & RPE



RPE	EFFORT TYPE	ZONE	HEART RATE (% OF RTHR)	PACE (% OF RTP)	HOW DOES IT FEEL?
<2	ACTIVE RECOVERY	Z1	<70% of RTHR Your heart rate:	>145% RTP Your RTP range:	<ul style="list-style-type: none"> Pizza, beer, donuts. Easy jogging/fast walking Concentration required to maintain such an easy pace (unless you just finished an interval). Used for recovery between intervals and on days of active recovering. Whistling/singing/talking are all easy to do.
3-4	ENDURANCE	Z2	70-87% of RTHR Your heart rate:	145-120% RTP Your RTP range:	<ul style="list-style-type: none"> Not too hard, not too easy, this feels just right! That "I could run all day" pace. Some concentration required, this is most people's go to running pace. Breathing is still at a low enough level that a conversation isn't hard to hold.
5-6	TEMPO	Z3	87-95% of RTHR Your heart rate:	120-110% RTP Your RTP range:	<ul style="list-style-type: none"> I'm not going HARD, but this isn't what I want to spend my Saturday doing" Pace you would just be able to maintain for a marathon, if done continuously will not feel difficult for the first 40-60 minutes. Breathing is labored so that talking can only occur a few words at a time.
6.5-7	SUB-THRESHOLD (SUB RTP)	Z4a	95-100% of RTHR Your heart rate:	110-100% RTP Your RTP range:	<ul style="list-style-type: none"> I can handle this, at least for awhile longer" A little faster than half marathon pace, will not feel too difficult for the first 20-30 minutes. The legs are starting to burn and you require constant concentration to maintain this effort. Conversation is left to two to three words at a time between breaths.
7.5-8	SUPRA-THRESHOLD (SUPRA RTP)	Z4b	100-105% of RTHR Your heart rate:	100-92% RTP Your RTP range:	<ul style="list-style-type: none"> I don't have to go this fast for much longer right?" This is at or just above your 5K pace. Conversation is limited to one or 2 words between breaths, but you will only feel like talking if you absolutely have to.
8.5-9.5	VO2MAX	Z5	105% - Max of RTHR Your heart rate:	92-85% RTP Your RTP range:	<ul style="list-style-type: none"> This is around your 1 mile pace (or a little faster) Any session that has you run at this pace for more than 3K will ensure you need to use the handrail when going up and down stairs. You might be able to get out a word or two, but you certainly won't want to, you need all the oxygen you can get! Due to the short length of these efforts average heart rate is not advised for gauging these efforts (since heart rate is slow to respond to efforts).
10	ANAEROBIC CAPACITY /NEURO-MUSCULAR POWER	Z6	N/A Your heart rate:	<85% RTP Your RTP range:	<ul style="list-style-type: none"> Extremely short efforts done as absolute maximal effort (5-20 seconds long) These efforts rely on your neuromuscular system or "sprint system" Complete recovery from one of these efforts requires several minutes of walking around and laying down on the track

YOUR RTP IS seconds/km