

RATE OF PERCEIVED EXERTION SCALES

Comparing the common 1-10 scale to the traditional Borg scale

1-10 SCALE		BORG SCALE
10	ALL-OUT SPRINT The maximum possible effort, sustainable for just 20-30 seconds.	20
9	VERY HARD INTENSITY Hard to speak, breathing labored after a few seconds, requires focus; good for 1-min intervals.	19
8	HARD INTENSITY Requires focus to maintain; hard to say more than 2-3 words; good for Cooper Tests, 5k PRs.	18
7	VIGOROUS ACTIVITY Can speak in short sentences; becomes uncomfortable quickly. Requires constant effort.	17
6	HARD ACTIVITY Labored breathing, challenging and uncomfortable but sustainable for 30-60 mins.	16
5	PROGRESSIVE PACE A pace that requires some pushing and effort to maintain; still able to hold a conversation.	14-15
4	COMFORTABLE WITH SOME EFFORT Slight 'push' but still at a pace which you could speak a few sentences without struggling.	13
3	COMFORTABLE PACE Able to maintain a conversation without getting out of breath while running.	11-12
2	LIGHT AND EASY Non-taxing, very gentle and easy to maintain a conversation - could continue for hours.	10
1	MINIMUM EFFORT Bare minimum exertion; a gentle stroll through the woods. Could continue all day.	6-9