

Intensity Metric Conversions

Zone	RPE	Purpose	Cycling % Threshold Power	Cycling % Threshold HR	Running % Threshold Pace	Running % Threshold HR	Run Pace
1	1 to 2	Active Recovery	<55%	<69%	130%+	<85%	Very Easy
2	3 to 4	Endurance	56%	70%	129%	85%	Easy
2	3 to 4	Endurance	57%	71%	128%	85%	Easy
2	3 to 4	Endurance	58%	72%	127%	85%	Easy
2	3 to 4	Endurance	59%	72%	126%	85%	Easy
2	3 to 4	Endurance	60%	73%	126%	86%	Easy
2	3 to 4	Endurance	61%	74%	125%	86%	Easy
2	3 to 4	Endurance	62%	74%	124%	86%	Easy
2	3 to 4	Endurance	63%	75%	124%	86%	Easy
2	3 to 4	Endurance	64%	75%	123%	87%	Easy
2	3 to 4	Endurance	65%	76%	122%	87%	Easy
2	3 to 4	Endurance	66%	77%	121%	87%	Easy
2	3 to 4	Endurance	67%	78%	121%	87%	Easy
2	3 to 4	Endurance	68%	79%	120%	88%	Easy
2	3 to 4	Endurance	69%	79%	120%	88%	Easy
2	3 to 4	Endurance	70%	80%	119%	88%	Easy
2	3 to 4	Endurance	71%	80%	119%	88%	Easy
2	3 to 4	Endurance	72%	81%	118%	89%	Easy
2	3 to 4	Endurance	73%	82%	117%	89%	Easy
2	3 to 4	Endurance	74%	82%	116%	89%	Easy
2	3 to 4	Endurance	75%	83%	115%	89%	Easy
3	5 to 6	Tempo	76%	84%	114%	90%	Moderate to Marathon
3	5 to 6	Tempo	77%	85%	114%	90%	Moderate to Marathon
3	5 to 6	Tempo	78%	86%	113%	90%	Moderate to Marathon
3	5 to 6	Tempo	79%	86%	113%	91%	Moderate to Marathon
3	5 to 6	Tempo	80%	87%	112%	91%	Moderate to Marathon
3	5 to 6	Tempo	81%	88%	111%	91%	Moderate to Marathon
3	5 to 6	Tempo	82%	88%	111%	92%	Moderate to Marathon
3	5 to 6	Tempo	83%	89%	110%	92%	Moderate to Marathon
3	5 to 6	Tempo	84%	90%	109%	92%	Moderate to Marathon
3	5 to 6	Tempo	85%	91%	109%	93%	Moderate to Marathon
3	5 to 6	Tempo	86%	91%	108%	93%	Moderate to Marathon
3	5 to 6	Tempo	87%	92%	108%	93%	Moderate to Marathon
3	5 to 6	Tempo	88%	92%	107%	94%	Moderate to Marathon
3	5 to 6	Tempo	89%	93%	106%	94%	Moderate to Marathon
3	5 to 6	Tempo	90%	94%	105%	94%	Moderate to Marathon
4	7 to 8	Threshold	91%	95%	104%	95%	Half Marathon to 5K
4	7 to 8	Threshold	92%	95%	104%	95%	Half Marathon to 5K
4	7 to 8	Threshold	93%	96%	103%	95%	Half Marathon to 5K
4	7 to 8	Threshold	94%	96%	103%	96%	Half Marathon to 5K
4	7 to 8	Threshold	95%	97%	102%	96%	Half Marathon to 5K
4	7 to 8	Threshold	96%	97%	102%	96%	Half Marathon to 5K
4	7 to 8	Threshold	97%	98%	101%	97%	Half Marathon to 5K
4	7 to 8	Threshold	98%	98%	101%	97%	Half Marathon to 5K
4	7 to 8	Threshold	99%	99%	100%	97%	Half Marathon to 5K
4	7 to 8	Threshold	100%	100%	100%	98%	Half Marathon to 5K
4	7 to 8	Threshold	101%	101%	99%	98%	Half Marathon to 5K
4	7 to 8	Threshold	102%	102%	99%	98%	Half Marathon to 5K
4	7 to 8	Threshold	103%	103%	98%	99%	Half Marathon to 5K
4	7 to 8	Threshold	104%	104%	98%	99%	Half Marathon to 5K
4	7 to 8	Threshold	105%	105%	98%	99%	Half Marathon to 5K
5	9 to 10	VO2	>105%		<98%	100%+	5K and Faster