



**MAYHEM
ATHLETE**

X

HINSHAW RPE CHART

RPE (1-10)	EFFORT LEVEL	PERCENT OF MAX EFFORT	HR RESERVE (ESTIMATE)	ZONE	STIMULUS	PURPOSE	PHYSIOLOGICAL ADAPTATIONS	FEELING
1	Easiest	10	60%	1	Active Recovery	Increase blood flow to muscles to flush out waste products and provide nutrients	Promotes recovery and therefore training response	Easiest pace. Typically used during warm-up and cool-downs. Takes focus to maintain this easy of an intensity.
2	Easier	20						
3	Easy	30	60%	2	Aerobic Threshold	Improves fat metabolism and ability to use oxygen, produce power and increases efficiency. Increases economy	More efficient use of energy. Able to produce more power with the same level of effort, works on technique/skill	This is your all day pace. Minimal accumulation fatigue. Very comfortable pace.
4	Easy/Mod	40	70%			Improves carbohydrate metabolism, gives fast twitch muscle slow-twitch muscle characteristics	Improved sustainable power	This is your hour long pace at max effort. Tempo, steady, sustainable intensity.
5	Moderate	50	75%	3	Lactate Threshold	Improves carbohydrate metabolism, develops lactate threshold, changes some fast twitch muscle to slow-twitch	Improved sustainable race pace, useful during tapering or pre-competition periods: too much time in this zone can cause staleness	
6	Mod/Hard	60	80%					
7	Hard (Fast)	70	85%	4	VO2max	Develops cardiovascular system and VO2max, improves anaerobic energy production and speeds turnover of waste products	Improved time trialling ability and resistance to short-term fatigue	This is your 6-8min pace at max effort.
8	Harder (Faster)	80	90%					
9	Hardest (Fastest)	90	95%	5	Anaerobic	Increases maximum muscle power, develops cardiovascular system and VO2max, increases threshold	Sprint speed, ability to accelerate away from a group and tolerate lots of hard work, such as mountain climbing	This is your near max effort pace up to -1-2min. This pace can only be maintained for short amounts of time during interval workouts.
10	Sprint or Max Effort	100	100%	6	CNS Neuromuscular			This is your max effort sprint intensity up to ~20sec.