

## Reliability Rating of Perceived Exertion in Swimming

Article from:

<http://www.swimmingscience.net/2012/07/reliability-rating-of-perceived.html>

<http://www.davescottinc.com/understanding-perceived-exertion/>

<http://myswimcoachonline.com/maximum-heart-rate-mhr-perceived-rate-of-exertion-pre/>

Your PERCEIVED RATE OF EXERTION (PRE) calculation is a way of labeling your workout intensity. This is very easy to apply to your workout. While there are a couple of different scales that researchers use, we like the 1–10 scale, where:

- 1-2 is completely resting....from no effort to going about your normal activities
- 3-4 would be the equivalent of an easy walk.
- 5–6 is moderate effort that you can easily sustain
- 7-8 is working hard.
- 9–10 is the equivalent of racing.

\*A person can sustain a 9–10 RPE for only a very short period of time.

**Table 5.2A The original Borg Scale Rating Perception of Effort (RPE)**

Rating	Perception of effort
6	
7	Very, very light
8	
9	Very light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Very, very hard
20	

From Borg (1973, p. 92). © by Lippincott, Williams & Wilkins. Adapted by permission.

Zones	Feeling	6-20 Rating	1-10 Rating	
<b>Recovery</b>	R-very slow walk B-slow easy spin	6	1	Recovery
<b>Recovery</b>	R-Walking B-easy slow spin	7	1	
<b>Cruise</b>	Very light	8	2	Cruise
<b>Cruise</b>	Slow jog	9	3	
<b>Aerobic Zone</b>	Fairly light	10	3	Aerobic Zone
<b>Aerobic Zone</b>	Conversational Pace – Moderately light	11	3	
<b>Aerobic Zone</b>	Moderate- Muscle Awareness, deeper breaths	12 - 13	3+	Sub-Threshold
<b>Sub Threshold (ST)</b>	Moderately – Hard 3-4 words in a broken conversation	14	4-5	
<b>Sub Threshold (ST)</b>	Moderately Hard	14-15	6	Sub-Threshold
<b>Sub Threshold (ST)</b>	Hard	15-16	6	
<b>Threshold</b>	Breathing is Deep- concentration is acute	16	6+-7	Threshold
<b>Threshold</b>	Very Hard	17	7+	
<b>VO<sub>2</sub></b>	Muscular Overload – Breathing is labored	18	8	VO <sub>2</sub>
<b>VO<sub>2</sub> +</b>	Very, very hard	19	9	
<b>Max</b>	Total Exhaustion	20	10	