



Training Efforts

Below is a simple table to try and explain some of the various training or intensity efforts for runners to adopt. It is simplified overview for all members to look at and use with the sessions.

Simple Terms	Relative Perceived Exertion (RPE)	Example	Tips & Notes
Very Easy	1-2	Walking	Can be used as recovery aid between intervals
Easy	3	Very easy jogging	A 30min recovery run – just to get out.
Easy-Med	4-5	Slow Run, chatty pace	The long run pace, 'Zone 2'
Medium	6-7	10k – Half pace, or can say a few words	Tempo Pace
Med-Hard	8	5k pace, think about the 5k TT effort	Threshold Pace
Hard	9-10	Flat out, Short high intensity intervals (less than 1k)	Cant really talk! Should feel out of breathe at the end of each interval