

How Hard Was That?

Redde Endurance Coaching Official RPE Scale | Foster's Modified CR-10 Scale

0	Rest Day Only	
1	Very, Very Easy	
2	Easy	EASY DAY TARGET
3	Moderate	EASY DAY TARGET
4	Somewhat Hard	
5	Hard	
6		
7	Very Hard	
8		
9		
10	Maximal	

Rating on your watch

Your watch scale starts at 1 because every completed session is at least a 1.

Easy days live here
(Zones 1 and 2)

How to rate

1. Rate the whole session, not just the last rep.
2. Rate it on your watch or in Training Tilt after every session.
3. About 30 minutes later, revisit your rating and adjust it in Training Tilt if the end of the session skewed it.

Effort vs. Feel

RPE (rating of perceived exertion) = how hard the session was. **Feel** = how you felt doing it. Log both. Together they tell us more than either one alone.

Learning to read your own effort builds the body awareness you'll rely on when the watch isn't the answer, especially on race day.



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Ready to Revive

Foster C, et al. (2001). A new approach to monitoring exercise training. J Strength Cond Res, 15(1), 109-115.