RATE OF PERCEIVED EXERTION (RPE) TABLE WITH INTERNAL CUES

RPE	DESCRIPTION	INTERNAL CUE
1	Extremely easy	"I feel like I could hold this effort forever."
2	Very easy	"I feel like I'm really holding myself back."
3	Easy	"I feel like I'm holding myself back just a little."
4	Comfortable	"I'm neither holding back nor pushing at this effort."
5	Fairly comfortable	"I feel like I'm pushing myself just a little."
6	Slightly hard	"I feel like I can keep this effort for 20 to 30 minutes (beginners) or 50 to 60 minutes (advanced)."
7	Moderately hard	"I feel like I'll blow up in 10 to 15 minutes (beginners) or 15 to 20 minutes (advanced)."
8	Hard	"I feel like I can keep this effort for 5 minutes or so, no more."
9	Very hard	"I feel like I can keep this effort for a couple of minutes, three at most."
10	Extremely hard	"I feel like I can sustain this effort for 1 minute more, that's it."

SCIENTIFIC TRIATHLON