

Exercise Intensity Guidelines (Using Borg scale)



INTENSITY CATEGORY	HEART RATE MEASURES	PERCEIVED EXERTION MEASURES	DESCRIPTIVE MEASURES
MODERATE	55 to <70% Hrmax	Moderate to somewhat hard RPE# 3-4	<ul style="list-style-type: none"> An aerobic activity that is able to be conducted whilst maintaining a conversation uninterrupted An intensity that may last between 30 and 60 minutes
VIGOROUS	70 to <90% Hrmax	Hard RPE# 5-6	<ul style="list-style-type: none"> An aerobic activity in which a conversation generally cannot be maintained uninterrupted An intensity that may last up to about 30 minutes
HIGH	≥ 90% Hrmax	Very hard RPE# ≥ 7	<ul style="list-style-type: none"> An intensity that generally cannot be sustained for longer than about 10 minutes

= Borg's Rating of Perceived Exertion (RPE) - scale, category scale 0-10w

0	Nothing at all	This is a very low intensity that 'feels' like the way you feel just sitting and breathing
0.5	Very, very light	
1	Very light	
2	Light	
3	Moderate	To be active at a moderate-intensity, you should feel as though you are working between a 3 and 6 on the rating left. If you feel you can speed up, do so slowly but don't overdo it.
4	Somewhat hard	
5	Hard	
6		
7	Very hard	As you improve and you want to do more, you could aim to exercise between 7 and 8.
8		
9	Extremely hard	As you improve and you want to do more, you could aim to exercise between 9 and 10.
10	Maximal exertion	