

RPE	Challenge was	Breathing was	Talking was	%VO₂Max	ICoef
1.0	Very Easy	Normal	Normal	35	0.08
1.5				40	0.16
2.0	Easy	Normal	Normal	45	0.26
2.5				50	0.37
3.0	Moderate	Comfortable	Easy	55	0.51
3.5				60	0.66
4.0	Somewhat Strong	Noticeable	Somewhat Difficult	65	0.82
4.5				70	1.00
5.0	Strong	Deep, but Steady	Difficult	75	1.20
5.5				80	1.40
6.0	Between Strong & Very Strong	Deep & Somewhat Rapid	Between Difficult & Very Difficult	85	1.62
6.5				87.5	1.86
7.0	Very Strong	Deep & Rapid	Very Difficult	90	2.10
7.5				92.5	2.36
8.0	Very, Very Strong	Very Deep & Very Rapid	Extremely Difficult	95	2.63
8.5				96.1	2.91
9.0				97.5	3.21
9.5				98.8	3.51
10	Maximum Effort	Breathlessness	Impossible	100	3.83

Modified Borg-Noble Intensity Scale