EMPIRE STATE RIDE
TO END CANCER

RPE SCALE

(Rate of Perceived Exertion)

QUICK REFERENCE GUIDE

Can sing or chat freely → RPE 1–3 *(recovery / endurance)*
Full sentences, no problem → RPE 4–5 *(tempo / sweet-spot)*
Short sentences only → RPE 6–7 *(threshold / VO2)*
A few words or less → RPE 8–10 *(anaerobic / max efforts)*

Print it, tape it to your top tube, or just remember the rule of thumb: “The easier the conversation, the easier the effort.” Use this scale on every ride—indoors or out—and you’ll develop an incredibly accurate internal power meter that never needs calibrating.