

PERCEIVED EXERTION CHART

NUMERICAL VALUE	DESCRIPTION
10	All-out sprint over short distances and/or very steep hills at which you reach your maximum heart rate. You are so exhausted at the end you can barely stand or speak.
9	This high effort level involves very intense training or racing that leaves you feeling very depleted, such as an arduous ultramarathon or very high-intensity mountain/hill run.
7-8	This is a moderately high effort that makes speaking difficult because breathing rate is high. This run may include medium-fast intervals, hills fartleks or race effort.
5-6	Moderate training zone. At this pace, running feels sustainable for a long period of time, and requires some effort, but is manageable.
2-3	Relaxed running that requires little effort and talking is easy, such as a very slow recovery run on flat terrain.
1	This pace is very easy and sustainable; such as a brisk walk on relatively easy terrain.

This chart is an excerpt from the [Mindful Running Training Log](#).

The 16-week Mindful Running Training Log (downloadable e-book) is the simplest and quickest way to assess the effectiveness of your running by understanding how stress from other areas of your life may be impacting your running quality. It explains the essential concepts you need to know, such as how to know when your running is productive versus unproductive.

No other running training log on the market takes into consideration this holistic view of running quality as a function of stress load and your overall wellness. It also makes it easy to evaluate what you write down and recognize the connection between stress and health.

This inspirational, beautifully designed, full-color log book is designed to make running mindfully easy and meaningful. Use it as you train for your next big race or to simply improve your running routine.

[Click here to learn more.](#)

