



NONE TO RUN

RATE OF PERCEIVED EFFORT SCALE

- 1 GENTLE MOTION** – Moving with minimal effort.
- 2 WALK IN THE PARK** – Like walking with a toddler.
- 3 EASY EFFORT** – A light jog or brisk walk, chatting is effortless.
- 4 COMFORTABLE CRUISE** – Feels good, could keep this up for ages.
- 5 FINDING YOUR STRIDE** – Breathing picks up, but still feels in control.
- 6 CHALLENGING BUT SUSTAINABLE** – You can talk, but it's getting harder.
- 7 HUFF & PUFF ZONE** – Sentences get shorter, focus kicks in.
- 8 RACE-DAY PUSH** – Hard effort, legs are working, talking is difficult.
- 9 FINAL KICK** – Almost maxed out, but you can hang on.
- 10 ALL-OUT SPRINT** – Everything you've got. You're basically flying.

Rate of Perceived Effort (RPE) helps you judge how hard a run **feels**, taking into account things like heat, fatigue, and nutrition - things that pace or heart rate don't always reflect.

When starting None to Run, aim to keep running intervals at an RPE of 5 or lower. Some runs might briefly spike to 8 or more, and that's okay! That's your cue to slow down.

If most of your run intervals during your third run of the week feel like 7 or higher, it's a good sign to repeat the week. This helps you build confidence, consistency, and endurance.

USE RPE IN YOUR RUNS - TRY THE NONE TO RUN APP! RUN READY • BEGINNER • 5K • 10K • HALF MARATHON