

## II. Controlling the increase in Intensity

### A. The Borg Rating of Perceived Exertion (RPE) Scale and training zones

	ZONE	RPE	DESCRIPTION
1	recovery	6	
1	recovery	7	very, very light
1	recovery	8	
2	extensive endurance	9	very light
2	extensive endurance	10	
2	extensive endurance	11	fairly light
3	intensive endurance	12	
3	intensive endurance	13	somewhat hard
3	intensive endurance	14	
4	threshold	15	hard
5a	threshold	16	
5b	anaerobic endurance	17	very hard
5b	anaerobic endurance	18	
5c	power	19	very, very hard
5c	power	20	

## III. Power Exertion

### A. level 5c on intensity

1. use for a few short explosive intervals
2. helps your overall speed and endurance
3. some consider it as the primary indicator for potential of winning

### B. power definition: the ability resulting from force and speed