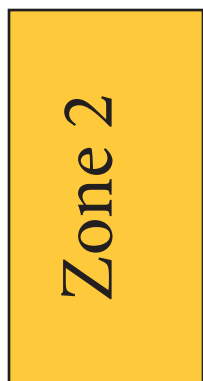
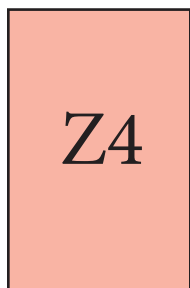


3 Common Intensity Models

EM

5 and 3 Zone Intensity Models



RPE



Recovery

Able to speak in full sentences or even sing. This should feel very easy.

Aerobic

Can speak a few sentences at a time. Workout begins to feel challenging but sustainable.

Threshold

Can only speak a few words at a time. Very challenging.

Anaerobic

All out. Not able to speak
Not a sustainable output.