



PERCEIVED LEVEL OF EXERTION (PLE)

Online training for trail running and ultras

1

VERY EASY

You can talk normally and your breathing isn't notably affected by the exercise. You can maintain this pace "all day long."

2

EASY

You're still comfortable, but wouldn't necessarily be able to maintain the pace "all day long."

3

EASY WORKING A LITTLE

You're still comfortable, but notice that breathing requires more effort.

4

MODERATE

All of the above, plus: you start to sweat a little, but are still feeling good.

5

MODERATE WORKING

All of the above, plus: you're still within your comfort zone, but are certainly working harder. You could talk if needed, but not continuously.

6

MODERATE ALMOST HARD

All of the above, plus: you can still talk but don't want to. This is still a controlled effort, but you're sweating more intensely.

7

HARD

All of the above, plus: this is where you feel the mental game start. You start to leave your comfort zone, and talking would be out of the question

8

HARDER

All of the above, plus: now you're out of your comfort zone. You can only keep this pace for a short period of time.

9

VERY HARD

All of the above, plus: you're not thinking of anything besides your effort. Your body finds it hard to keep moving forward, but your mind keeps you going.

10

MAX EFFORT

All of the above, plus: not talking, not thinking just moving. You might even feel a little dizzy. This is an intensity that you can only handle for a few seconds.