






C.O.R.E CYCLING

Creating the Optimal Ride Experience

PRE (Perceived Rate of Exertion) Scale 1-10	% Max Heart Rate	Lactic Acid		Description	Speech
1-4	<50%		Aerobic, Endurance Recovery	Barely working	Able to speak normally
5-6	55%			Starting to work	
6 ½ - 7	65% - 70%		Aerobic	Warm up, breaking a sweat, like a fast walk	Slightly breathless, speak full sentences
7 ½	75%			Feels like work but sustainable	
8	80%			Working hard – takes focus	4-5 words then need to breathe
8 ½	85%	LT Threshold		Difficult to hold pace, I'm sweating like a pig, legs burning	Talking very difficult, 2-3 words
9	90%		Anaerobic	Working very hard	Talking extremely difficult, 1-2 words
9 ½	95%			Can only keep this pace for a short time period – I am going to cough up a lung	I can only grunt
10	100%			Max effort – I hope my vision returns soon, can only maintain for 15-20 seconds	Can't talk