**PERCEIVED EXERTION SCALE**

- The Borg Rating of Perceived Exertion (RPE) is a way of measuring the intensity level of your physical activity.
- The physical sensations a person may experience during a physical activity can be compared to the below 6-20 Exertion Scale. Based on your training level, exercise equivalents are also listed below.

### Exertion Scale Range
- **LEVEL 1 TRAINING**
  - **LIGHT/MODERATE**
    - Exertion Scale Range: 8 - 10
  - **LEVEL 2 TRAINING**
    - **MODERATE**
      - Exertion Scale Range: 11-14
  - **LEVEL 3 TRAINING**
    - **VIGOROUS**
      - Exertion Scale Range: 15-20

<table>
<thead>
<tr>
<th>WEEK</th>
<th>LEVEL 1 TRAINING</th>
<th>LEVEL 2 TRAINING</th>
<th>LEVEL 3 TRAINING</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>LIGHT/MODERATE</strong></td>
<td><strong>MODERATE</strong></td>
<td><strong>VIGOROUS</strong></td>
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<td></td>
<td><strong>Exertion Scale Range: 8 - 10</strong></td>
<td><strong>Exertion Scale Range: 11-14</strong></td>
<td><strong>Exertion Scale Range: 15-20</strong></td>
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<tr>
<td>WEEK 1</td>
<td>3 Days:</td>
<td>3 Days:</td>
<td>4 Days:</td>
</tr>
<tr>
<td></td>
<td>Achieve 25 minutes</td>
<td>Achieve 30 minutes</td>
<td>Achieve 25 minutes</td>
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<tr>
<td>WEEK 2</td>
<td>3 Days:</td>
<td>3 Days:</td>
<td>4 Days:</td>
</tr>
<tr>
<td></td>
<td>Achieve 30 minutes</td>
<td>Achieve 35 minutes</td>
<td>Achieve 30 minutes</td>
</tr>
<tr>
<td>WEEK 3</td>
<td>3 Days:</td>
<td>3 Days:</td>
<td>4 Days:</td>
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<tr>
<td></td>
<td>Achieve 35 minutes</td>
<td>Achieve 40 minutes</td>
<td>Achieve 30 - 40 minutes</td>
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<td>WEEK 4</td>
<td>3 Days:</td>
<td>3 Days:</td>
<td>4 Days:</td>
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<tr>
<td></td>
<td>Achieve 40 minutes</td>
<td>Achieve 45 minutes</td>
<td>Achieve 35 - 45 minutes</td>
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<tr>
<td>WEEK 5</td>
<td>3 Days:</td>
<td>5 Days:</td>
<td>5 Days:</td>
</tr>
<tr>
<td></td>
<td>Achieve 50 minutes</td>
<td>Achieve 35 - 45 minutes</td>
<td>Achieve 30 - 40 minutes</td>
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<tr>
<td>WEEK 6</td>
<td>3 Days:</td>
<td>5 Days:</td>
<td>5 Days:</td>
</tr>
<tr>
<td></td>
<td>Achieve 55 minutes</td>
<td>Achieve 40 - 50 minutes</td>
<td>Achieve 40 - 50 minutes</td>
</tr>
<tr>
<td>WEEK 7</td>
<td>3 Days:</td>
<td>5 Days:</td>
<td>5 Days:</td>
</tr>
<tr>
<td></td>
<td>Achieve 60 minutes</td>
<td>Achieve 40 - 60 minutes</td>
<td>Achieve 40 - 60 minutes</td>
</tr>
</tbody>
</table>

### Level 1 Training: Light/Moderate - Intensity Aerobic Activity
- **Exercises:**
  - Leisure walk
  - Yoga/Stretching
  - Water aerobics
  - Biking at a leisure pace
  - Dancing
  - Gardening/yard work

### Level 2 Training: Moderate - Intensity Aerobic Activity
- **Exercises:**
  - Fast pace walk
  - Light jog
  - Doubles tennis
  - Biking
  - Jump rope
  - Elliptical trainer

### Level 3 Training: Vigorous - Intensity Aerobic Activity
- **Exercises:**
  - Combatives
  - Running
  - Swimming laps
  - High Intensity Interval Training
  - Playing basketball
  - Aerobic dancing
  - Biking at >10 MPH
  - Playing tennis

### Exertion Scale Equivalents:
- **LEVEL 1:**
  - 6: The occasional yawn
  - 7: Walking to the kitchen for more broccoli

- **LEVEL 2:**
  - 8: Extremely light, could maintain for hours
  - 9: Walking at a comfortable pace
  - 10: Cannot hear your breathing

- **LEVEL 3:**
  - 11: Beginning to sweat
  - 12: Moderate
  - 13: Somewhat hard, but can continue
  - 14: Can begin to hear your breathing, not gasping
  - 15: Hard, can only say a few words or answers
  - 16: Vigorous breathing
  - 17: No longer want to speak
  - 18: Extremely hard
  - 19: Hardest work you have ever done, very fatigued
  - 20: Maximum exertion

**FOR MORE INFORMATION:**
wellness.ua.edu | 348-0077 | wellness@ua.edu
The Crimson Couch to 5K (CC25K) is a 7-week training program designed for UA faculty and staff.

GET READY!

FAQ’s
- Register online: wellness.ua.edu.
- Optional check-ins for continued support and resources.
- Participate individually or with teams of 2-5 individuals.
- Receive training level and guide.
- Weekly online tracking is required for program completion.

NEED HELP TRAINING?

Join the UREC trainers for optional, twice-weekly group training sessions. Available for all fitness levels.

How to get started:
- Submit the Training Enrollment Form by Friday, August 28.
- Physicians release may be needed if you have a pre-existing health condition.

Training Information:
- $16 fee to participate.
- Tuesday and Thursday at the UA Outdoor Pool Complex
  - Times: 6:00 am or 5:15 pm
  - Dates: September 1-October 15
- Sessions last approximately 30-45 minutes.
- Showers available if needed.

FINISH A 5K!

After all of your hard training, you have the option to participate in the Crimson Couch to 5K/10K Event!
Saturday, October 17, 2015

Crimson Couch to 5K/10K:
- Online event registration required.
  - Event fee (non-refundable):
    - $5: Before September 30
    - $10: October 1-16
    - $15: On-site
  - Event Schedule:
    - Kids Dash: 8:30 am
    - 10K: 9:00 am | 5K: 9:15 am

Event Day:
- 5K is 3.1 miles | 10K is 6.2 miles
- No bikes or pets on route.
- Rain or shine.
- Location: UREC Outdoor Pool Complex.
- Additional event information available online: wellness.ua.edu.