

RATING	DESCRIPTION	INTERNAL CUES	
1	Extremely Easy	"I feel like I could run forever at this pace."	
2	Very Easy	"I feel like I'm really holding myself back."	
3	Easy	"I feel like I'm holding myself back just a little."	
4	Comfortable	"This pace feels natural, like I'm neither holding back nor pushing."	
5	Fairly Comfortable	"I feel like I'm pushing myself ever so slightly."	
6	Slightly Hard	Less fit runners: "I feel like I can keep up this pace for 20 to 30 minutes."	Fitter runners: "I feel like I can keep up this pace for 50 to 60 minutes."
7	Somewhat Hard	Less fit runners: "I feel like I'm going to blow up in 10 to 15 minutes."	Fitter runners: "I feel like I'm going to blow up in 15 to 20 minutes."
8	Hard	"I feel like I can keep this pace up for a mile or so, no more."	
9	Very Hard	"I feel like I can sustain this pace for a couple of minutes, <i>maybe</i> three."	
10	Extremely Hard	"I feel like I can only hold this pace for 1 minute, tops."	