

Tabla extraída de: Y. ANTERO KESANIEMI (CHAIR), ELLIOT DANFORTH, JR., MICHAEL D. JENSEN, PETER G. KOPELMAN, PIERRE LEFEBVRE, AND BRUCE A. REEDER. Dose-response issues concerning physical activity and health: an evidence-based symposium. MEDICINE & SCIENCE IN SPORTS & EXERCISE®. Copyright © 2001 by the American College of Sports Medicine, pp. S351-S358, 2001.

TABLE 2. Classification of physical activity intensity.

Intensity	Endurance-Type Activity										
	Relative Intensity			Intensity (METs and % $\dot{V}O_{2max}$) in Healthy Adults Differing in $\dot{V}O_{2max}$							
	% $\dot{V}O_2R$ ^a %HRR	%HR _{max} ^b	RPE ^c	$\dot{V}O_{2max} = 12$ METs		$\dot{V}O_{2max} = 10$ METs		$\dot{V}O_{2max} = 8$ METs		$\dot{V}O_{2max} = 5$ METs	
METs				% $\dot{V}O_{2max}$ ^d	METs	% $\dot{V}O_{2max}$	METs	% $\dot{V}O_{2max}$	METs	% $\dot{V}O_{2max}$	
Very light	<20	<50	<10	<3.2	<27	<2.8	<28	<2.4	<30	<1.8	<36
Light	20–39	50–63	10–11	3.2–5.3	27–44	2.8–4.5	28–45	2.4–3.7	30–47	1.8–2.5	36–51
Moderate	40–59	64–76	12–13	5.4–7.5	45–62	4.6–6.3	46–63	3.8–5.1	48–64	2.6–3.3	52–67
Hard	60–84	77–93	14–16	7.6–10.2	63–85	6.4–8.6	64–86	5.2–6.9	65–86	3.4–4.3	68–87
Very Hard	≥85	≥94	17–19	≥10.3	≥86	≥8.7	≥87	≥7.0	≥87	≥4.4	≥88
Maximal	100	100	20	12	100	10	100	8	100	5	100

Modified from Table 1 of ACSM Position Stand (ref. 5).

^a % $\dot{V}O_2R$ - percent of oxygen uptake reserve; %HRR - percent of heart rate reserve.

^b %HR_{max} = 0.7305 (% $\dot{V}O_{2max}$) + 29.95 (reference #20); values based on 10-MET group.

^c Borg Rating of Perceived Exertion 6–20 scale (reference #8).

^d % $\dot{V}O_{2max}$ = [(100% - % $\dot{V}O_2R$) MET_{max}⁻¹] + % $\dot{V}O_2R$; personal communication.

(From ref. 4).