The number of breaths taken in a minute.

Trixie noticed that her breathing rate increased when she ran faster.

(VA SOL 1.3)
INTENSITY LEVELS
(Noun)

How hard the heart and other muscles work during exercise.

Addie worked at a low intensity level during the cool-down.
(VA SOL 1.3)
MODERATE

(Adjective)

Average in intensity.

Mr. Renta had his students choose a moderate pace for the warm-up activity.

(VA SOL 1.3)
VIGOROUS
(Adjective)

Done with great force and energy.

Vera exercised vigorously in order to condition her cardiovascular system.
(VA SOL 1.3)