Make a heat-session comparison useful

An 80% humidity reading on a cool morning does not describe the same air as 80% on a hot afternoon. That is why this tool asks for both.

Worked example

> Relative humidity needs temperature context: 60% at 10°C is not the same environment as 60% at 30°C. The calculator is a declared sensitivity scenario, not a measurement of your personal heat response or a safety clearance.

Your turn

1. Record temperature, humidity, sun/shade, wind and the route.
2. Record duration, effort, pace and whether conditions changed. Compare with a similar session, not an unrelated personal best.
3. Write a conservative adjustment to discuss before the next session. Do not use a pace estimate as permission to continue through illness or warning symptoms.

What I observed / what I will check next

A pace scenario, not a heat-safety assessment. Educational worksheet, not an individualized training prescription.

Method / rules: Declared heat-model limitations.

Full explanation, current sources and related tools:
brenoamelo.com/calculators/heat-pace

Prepared 26 October 2026 · Keep personal notes private. Discuss your goal with breno@brenoamelo.com.