Many runners train their step rate with a metronome, meaning steps per minute.

The case for cadence

A slightly quicker cadence may help reduce overstriding for many runners. The often-quoted figure is 180 steps per minute, but individual cadence varies.

How to train it

Start by measuring your natural cadence, for example by tapping your steps. Then set a metronome about 5 percent higher and match your steps to the beat on easy runs.

Increase gradually

Adjust gradually over several weeks, and talk to a coach or **metronome** physiotherapist if you have injuries.