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

Why cadence matters

A slightly quicker cadence can reduce overstriding and make running feel lighter. The often-quoted figure is 180 steps per minute, but individual cadence varies.

How to train it

Start by measuring your natural cadence, by tapping along with your footsteps. Set a **metronome** click a little above it and match your steps to the beat on easy runs.

Be patient

Change cadence in small steps over weeks, and get professional advice if *online metronome* you are injured.