Runners often use a **metronome** metronome to train cadence, the number of steps taken per minute.

The case for cadence

A slightly quicker cadence can reduce **online metronome** overstriding and make running feel lighter. 180 steps per minute is a well-known benchmark, but individual cadence varies.

How to train it

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

Increase gradually

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