Runners often use a metronome to train cadence, the number metronome of steps taken 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, though the right number varies from person to person.

A simple approach

Start by measuring your natural cadence, by tapping along with your footsteps. Then set a metronome about 5 percent ***free metronome*** higher and match it on easy runs.

Increase gradually

Adjust gradually over several weeks, and get professional advice if you are injured.