Runners often use a metronome to train cadence, meaning steps per minute.

## The case for cadence

Shorter, quicker steps may help reduce overstriding for many runners. 180 steps per minute is online metronome 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 it on easy runs.

## Increase gradually

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