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web jul 27 2022 in the world of fitness most things are not one size fits all but according to luke the optimal running cadence averages between 170 to 180 steps per minute for people of average height which in the us is 162cm tall for women and about 180cm tall for men jou agreed that the gold standard for cadence is 180 steps per minute especially if

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web jan 23 2023 your running cadence is the number of steps you take per minute a faster running cadence is associated with better form efficiency and reduced risk of injury measure your running cadence by counting how many steps you take in a minute while running or by using a running watch or foot pad

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web aug 19 2023 we ll cover actionable tips and drills to master your running cadence avoid injury and boost performance what is cadence in running simply put running cadence is just your step rate the number of times your feet hit the ground in a given time interval what is spm in running cadence in running is typically measured in steps

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web jul 12 2023 for example let s say your starting cadence is 150 and your target is 170 you shouldn t try to hit 170 after your first cadence measurement instead try to increase your cadence by about five percent on two or three runs per week so in that first week shoot for a 157 cadence

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measure your running cadence before you can increase your running cadence you will need to measure your current running cadence and see what improvements need to be made as mentioned earlier the ideal running cadence is over 170 spm

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web over the past few years studies have emerged that highlight the role of cadence to correct common running related injuries rris as little as a five percent increase in step rate while keeping running velocity constant has been shown to reduce shock absorption at the level of the knee by 20 percent additionally increasing cadence by 10

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