



The Cadence Count

Running Cadence is how many times your feet hit the ground in 1 minute. The goal is 180 steps per minute (90 revolutions) or 90 steps each foot per minute.

This sounds simple enough, doesn't it? The problem is most runners aren't even getting close to this number! The further you are away from this number means the more impact your body takes every time your feet strike. (Too much bounce). The more bounce in your step, the quicker you are to muscle fatigue and breakdown. (Injury)

Proper running form is based around mastering 90 revolutions a minute. (90 steps per foot). It will feel like a shuffle at first, almost like speed walking, it will slow your pace in the beginning, but your muscles will adapt and your speed will follow.

90 revolutions a minute has nothing to do with the pace of your run, only how fast your feet hit the ground (turnover). Cadence drills will help you become more familiar with how this should feel.

Cadence Drill for Beginning Runners

Can be done on treadmill or outside, stop watch needed

Walk 10 minutes to warm up.

Run slow and time yourself for 30 seconds and count the number of times one foot (left or right) hits the ground.

Walk 1-2 minutes.

Do another 30 second slow run and try to increase the number by one or two. (The goal in 30 seconds is 45 steps on one foot, $45+45=90$)

This drill should be done 3 times this week along with three 20 minute walks.