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Marcel A. Müller

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 minute the number of steps you take on
 both legs in one minute is your cadence
 you can find your cadence by counting
 how many times both feet hit the
 ground in one minute

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 is often defined as the total number of
 steps you takes in a minute while
 running this applies to both walking
 and running so when gauging what
 your current steps per

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 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
 you agreed that the gold standard for
 cadence is 180 steps per minute
 especially if

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 known as stride rate refers to the
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 take as you run in other words it s the
 speed at which your legs churn over as
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 defined as the number of steps you take
 per minute spm while running together
 with your step length cadence
 determines your running speed there
 are several synonyms for running
 cadence some examples are stride
 frequency step rate strides per minute
 or steps per minute

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 measure your cadence for running is to
 count the times your feet hit the ground
 in 60 seconds cadence can also be
 defined as the number of steps one foot
 takes per minute for example in polar
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 cadence of 180 steps per minute is
 shown as 90

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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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at the level of the knee by 20 percent additionally increasing cadence by 10
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