Runners **online metronome** often use a metronome to train cadence, the number of steps taken per minute.

Why cadence matters

Shorter, quicker steps may help reduce overstriding for many runners. The often-quoted figure is 180 steps per minute, but individual cadence varies.

How to train it

Start by measuring your natural cadence, for example by tapping your steps. Then set a metronome about 5 percent higher and match your steps to the beat on easy runs.

Increase gradually

Adjust gradually over several weeks, and talk to a coach or physiotherapist if you have injuries.