

Running Cadence

The ideal foot turnover rate has been suggested to be between 168-180 steps per minute when running. Although we should strive for an increased step rate, this range may not be appropriate for each individual. Instead, aim to increase your cadence slightly beyond your current preferred pace. New research has shown that even subtle increases in step rate during running can significantly reduce the loading forces to both the hip and knee joints. Even small modifications to your running form can make significant improvements to your running economy and reduce the incidence of injury.

At Craven SPORT services we are equipped to perform biomechanical running and movement analyses to help you identify “trouble spots” and make you more efficient as an active individual.

Reference:

Heiderscheit, B., Chumanov, E., Michalski, M., Wille, C. & Ryan, M. (2011). Effects of Step Rate Manipulation on Joint Mechanics during Running. *Medicine & Science in Sport & Exercise*, 43(2), pp 296-302.