

## Improve Your Stride Rate.

Your stride rate is simply the number of steps you take per minute while you run. Increasing your stride rate may be beneficial based your specific running gait. Although an increase stride rate means taking more steps this does not mean your pace will increase.

First you need to find your baseline stride rate. To do so simply count the number of times your right (or left) foot hits the ground in a one minute time span. This should be done during an easy run. Expect that number to be anywhere between 60 and 90. Multiplying that number by two gives you your current stride rate (120-180 strides per minute).

Your goal is to increase that number by 5% over the course of 3-4 weeks. So, if the right foot hits the ground 75 times in one minute, that number should increase to 79 times in a few weeks.

Focus on getting your feet on and off the ground slightly faster. Your pace, effort, and breathing should not change. Plan on counting the number of times your right foot hits the ground during a minute about every 1-2 miles during every easy run.