

# Higher Cadence Improves Running Economy

Quinn et al 2019 [🔗](#)



22 female runners



5k PR  
12-22 min



Cadence  
< 176



VS

11 practised  
@ 180 for 15min  
per day over 10  
weeks



180  
CADENCE



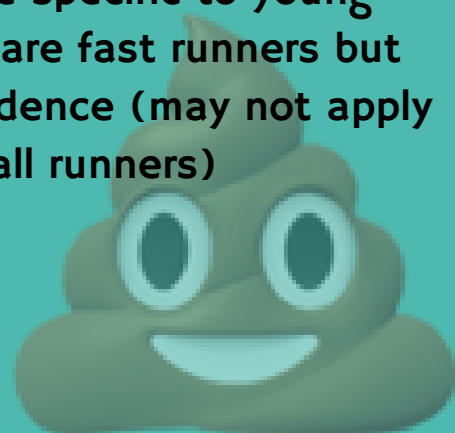
## Strengths

Ensured excellent compliance with the training program and monitored cadence throughout

## Weaknesses

Unknown if the higher cadence running improved running economy by improving fitness or efficiency

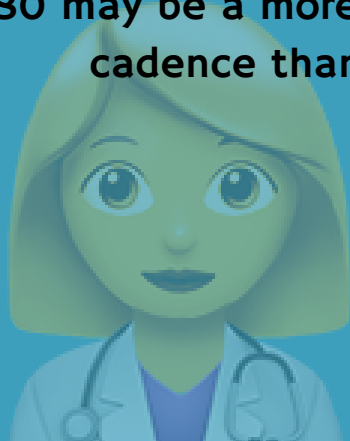
Findings are specific to young women who are fast runners but have a low cadence (may not apply to all runners)



## Clinicians

10 days of training at a higher cadence is enough to see improvements in running economy

180 may be a more economical cadence than < 176



## Runners

Including training blocks working on higher cadence in your program may help improve your running economy and make you a more efficient runner