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reddit : gaming : comments : what\_is\_spm\_cod

A beginner's guide to cadence - Runner's World

runnersworld : beginners : a-beginners-guide-to-cadence

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While 180 SPM remains a good goal, factors including your height, weight, running ability and even footwear can affect your cadence. For example, taller runners generally have a lower cadence than shorter runners, as they typically take longer strides.

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