**Cadence Drills and Acceleration Gliders**

Two drills that everyone should be doing each week are cadence drills (CDs) and acceleration gliders (AGs).

**Cadence Drills**

As Mike talked about last week during our form clinic, cadence is the number of steps you take in a minute. Although Jeff Galloway doesn’t talk about a specific number, the general recommendation with physical therapists, sports doctors and other coaches is about 180 steps per minute, or 90 per foot.

If your cadence is much less than that, you’re putting on the brakes with every stride, rather than rolling quickly over the ground which can do a lot of damage to your knees and cause other problems.

Getting to the right cadence takes practice, and that’s why we do CDs at least once a week. Using a metronome will help you work up to the correct cadence, but be sure to do it slowly, increasing only one or two steps per drill. There are several free apps you can get to help you.

Once you get close, there are other apps that choose music with different bpm (beats per minute).

Read more about cadence drills in your Galloway ebook. I’ll also include a link in this week’s email to an article in Runner’s World.

**Acceleration Gliders**

AGs improve your speed and help you transition smoothly from the walk to the run and back to the walk, rather than a jerky “start-stop-start” action.

Read about AGs on page 33 of your Galloway eBook and watch the YouTube video link in the weekly email.

Here’s how:

* Warm up for 5 minutes.
* Start doing AGs by jogging very slowly for about 15 steps.
* Then, jog faster for about 15 steps—increasing to a regular running pace for you.
* Now, over the next 30 steps, gradually increase the speed to a fast but not all-out pace.
* Then glide, or coast and allow yourself gradually to slow down using momentum as long as you can. You may only glide for 4 or 5 steps at first but the more you practice the more steps you will be able to glide.
* Do this drill every week, you will transition gently from one phase to the next (no abrupt change) and feel smoother at each mode of running.

Even if you’re not interested in increasing your speed, AGs are helpful for a seamless run/walk/run transition.

To illustrate, rather than your transitions looking like this:

Okay, my artwork sucks, but you get the idea!

Increase

Increase

Walk

Increase

It’ll look more like this:

Glide

Glide

Glide

Run

Walk

Run

Walk

Run

Run

Run

Run

Walk

Walk

Walk

Walk