

metronome running & the perfect running...



IronMakeover 410 posts since

Jul 7, 2008

Thoughts on metronome pacing while running? <http://www.chirunning.com/blog/2009/03/16/the-metronome-best-training-tool-ever/>

<http://www.chirunning.com/shop/pages.php?tab=r&pageid=18&id=394> Any runners out there using this technique?

The 2nd article says:

"The response of most people when they use the metronome is pretty consistent. They feel an ease in their running almost immediately. Using the metronome affects many aspects of your form because when your cadence is correct a lot of things fall into line. For instance, when your cadence becomes a naturally sustained rhythm, it requires that you vary your stride length when you 're running at different speeds. If you think of changing your stride length to accommodate different levels of effort, your body learns to run with a set of gears and work in much the same way as your bicycle or your car. "

Thoughts?

*update

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Also saw this on EverymanTri today, and thought I'd share. http://www.everymantri.com/everyman_triathlon/2009/03/and-the-perfect-running-pace-is.html

"A new running study by researchers at the University of Wisconsin-Madison has come to two interesting and unexpected conclusions:

1) The optimal running speed for the group tested was about 8.3 mph (about a 7:13 minutes per mile) for males and 6.5 mph (9:08 min/mile) for females. For the sake of the study the optimal running speed is defined as the speed that used the least amount of energy to cover one mile.

2) At slower speeds, about 4.5 mph (13 min/mile), the metabolic efficiency was at its lowest. At this speed, halfway between a walk and a jog, the runner's gait can be awkward and unnatural."

Interesting research! Go Badgers!

Sara

Tags: running, chi, metronome, danny, dreyer



[michellemtbc](#) 21 posts since

Jul 26, 2008 1. Re: metronome running Mar 17, 2009 8:44 PM

Very interesting! I am a music therapist and in our field we have had great success in treating stroke patients with this same concept. It is amazing to see the improvements in


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their gait and walking speed once a clear beat is added. However, because we are trained as musicians we usually use something more musical than a metronome. It is a concept known as entrainment~~your brain will entrain to a beat regardless~~it can be a meternome, a drum, a song played on the guitar, etc. This is why running with an Ipod can be a really good thing--if you select your music with this idea in mind. I have always thought alot about this when I am running, I am glad to see that others are using the concept of entrainment to their benefit!



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Jul 7, 2008 2. Re: **metronome running** Mar 19, 2009 1:12 PM

 in response to: [michellemtbc](#)

Hey there,

Thanks for responding and for sharing your perspective as a music therapist! Very cool uses for music and exercise.

I have read studies on music and its impact on performance. While I don't have an ipod, maybe down the road I'll get one and use it during an ipod-friendly running event.

Thanks again,


Sara

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[SlowBarney](#) 32 posts since

Oct 20, 2008 3. Re: **metronome running** Mar 31, 2009 11:16 AM

 in response to: [IronMakeover](#)

What a neat idea, never thought of trying this before. I was having a terrible training run a couple of weeks ago and a song played on my ipod which was just perfect to up my pace a little and help me run on. I listened to the same song for about 40 minutes (many thanks to the late Ian Dury)...going to try to work out the beat count and make a little click track in garage-band for my next training run. Does anyone know how strict the non-audio device ban is- would one earphone still be forbidden?