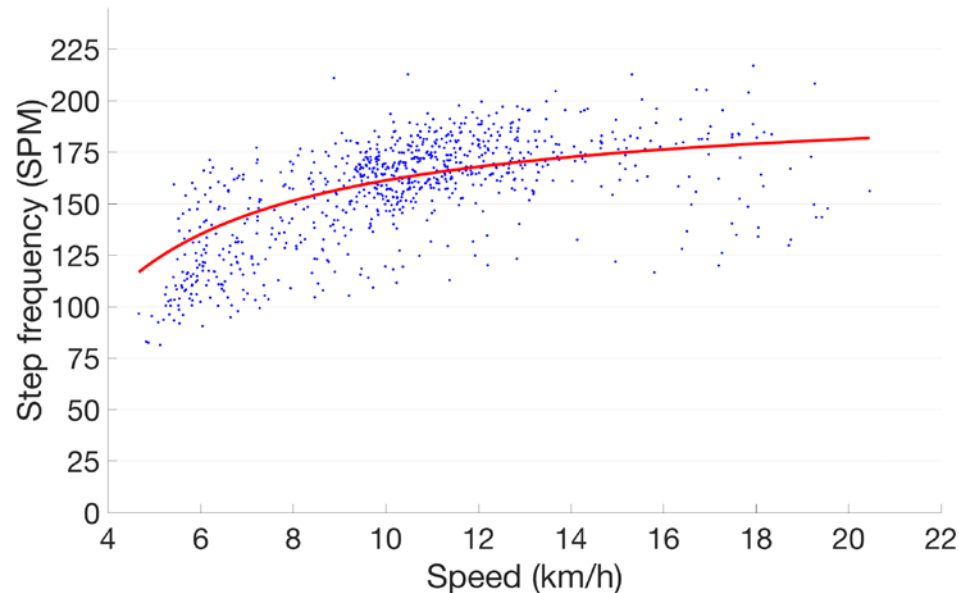




Optimal step frequency

Based on normal training sessions

- What is optimal?
- What is the relation with injuries?
- Do better runners have higher step frequencies?



Improve efficiency
Reduce injuries

HELP SHARING:
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