Running cadence is recommended to be 90 strides per minute (every other step/left-left) or 180 steps per minute (every step/left-right).

Using a metronome can help to achieve this goal.

First, you find your regular tempo by setting the metronome to your foot fall at your usual running pace. Many people will find that they run at 75-80 strides per minute. The goal is to increase your step rate by 10% or 1 stride per week while running at the same speed. You can achieve this by dialing up your metronome appropriately and keeping the rhythm while still running at the same speed.

1. Run Tempo - Runners Metronome by DockMarket LLC
https://appsto.re/us/gj4HM.i
Runner's Metronome

2. BeatRun Music GPS, Outdoor & Treadmill by Electrik Box, Inc.
https://appsto.re/us/_sA2I.i
Synchs music to running or walking pace

3. TrailMix – Run with Music by Resonant Technologies, LLC
https://appsto.re/us/RfMMM.i
Synchs music to running or walking pace

4. TempoRun by TempoRun LLC
https://appsto.re/us/P1tvM.i
Categorizes your music library by tempo and running pace.

5. Nike+ Running by Nike, Inc.
https://appsto.re/us/1Zohx.i
Tracks runs

6. Pro Metronome - Tempo Keeping with Beat, Subdivision and Polyrhythm for Musicians by Xiao Yixiang
https://appsto.re/us/FNrFC.i
Free Metronome App