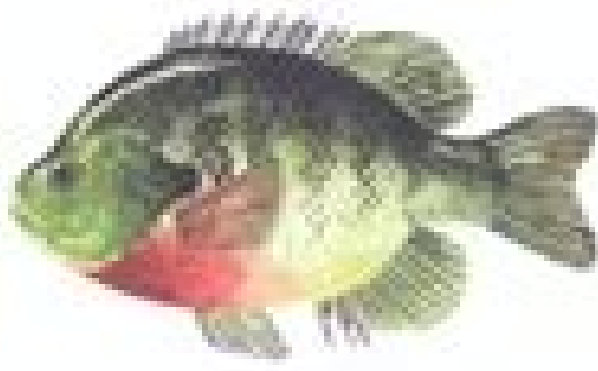




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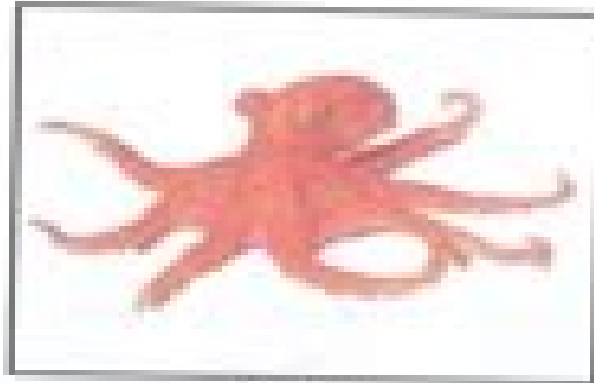
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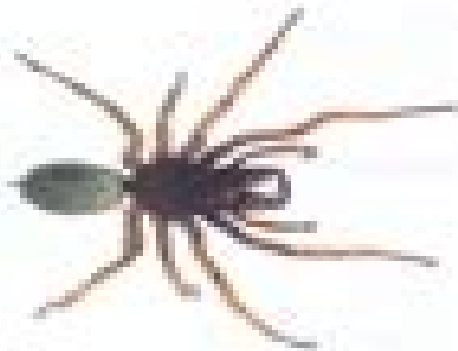
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Wangui Kamau,George Muriithi  
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**Trends in Education and Practice** Ekpo-Eloma, Ekpo O, Ernest S. Assey, Prof. Jimmy. Macharia, Dare, S.O., 2023-01-27 Journal of Education and Practice Vol 6 No 3 2022 Journal of Education and Practice is a high profile peer reviewed journal approved for its information on critical knowledge published by CARI Journals USA LLC The journal is concerned with an individual s psychological economic moral emotional physical religious personal spiritual and professional development in education The journal delights in its affordable and swift publication and it s featured in the Google scholar amidst other journal indices TOPICS IN THE BOOK Effect of Google Classroom Application on Undergraduate Students Scores in Educational Technology in University of Calabar Nigeria The Strategies of Improving Effective Implementation of the Competence Based Curriculum in Secondary Schools in Tanzania The Case Study of Tabora Region Factors That Hinder Community Based Secondary Schools in Tanzania from Implementing the Curriculum Effectively A Case Study of Tabora Region Systematic Literature Review of Interventions Supported by Integration of ICT in Education to Improve Learners academic Performance in Stem Subjects in Kenya Redefining Punishment as a Means of Discipline in Schools An Example from Kopano Matlwa s Spilt Milk

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**Kenya National Bibliography** Kenya National Library Service. National Reference & Bibliographic Department,2010

**Role of Team Work in Strategic Planning** Mutuku Andrew Muli,Davidson Mghanga Mwaisaka,Florence Jane Wangui Kamau,George Muriithi Munyi,Nixon Kiplagat Mutai,2023-06-26

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web over the past few years studies have emerged that highlight the role of cadence to correct common running related injuries rris as little as a five percent increase in step rate while keeping running velocity constant has been shown to reduce shock absorption at the level of the knee by 20 percent additionally increasing cadence by 10

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web oct 17 2023 recreational runners tend to have a cadence between 150 to 180 strides per minute spm faster runners as we ve seen often have a higher cadence for example eliud kipchoge the marathon world record holder is known to achieve a cadence of 190 200spm in general 170 180spm is considered a great running cadence

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web apr 16 2021 your cadence is determined by your running skill history of training and anatomy taller runners for example will naturally have lower cadences every runner has a distinct cadence style one runner may take large strides and run efficiently while another may take more steps per minute and run efficiently