







Seo Analyzer runeatrepeat.com

Generated on April 03 2022 18:12 PM






The score is **61/100**







SEO Content

	<p>Title</p>	<p>Run Eat Repeat - Running Plans, Recipes, 5K, 10K, Half Marathon Training and Meal Plans for Runners</p> <p>Length : 99</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.</p>														
	<p>Description</p>	<p>Running Plans, Recipes, 5K, 10K, Half Marathon Training and Meal Plans for Runners</p> <p>Length : 82</p> <p>Great, your meta description contains between 70 and 160 characters.</p>														
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>														
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1346 1481 1939"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Run Eat Repeat - Running Plans, Recipes, 5K, 10K, Half Marathon Training and Meal Plans for Runners</td> </tr> <tr> <td>description</td> <td>Running Plans, Recipes, 5K, 10K, Half Marathon Training and Meal Plans for Runners</td> </tr> <tr> <td>url</td> <td>https://runeatrepeat.com/</td> </tr> <tr> <td>site_name</td> <td>Run Eat Repeat</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Run Eat Repeat - Running Plans, Recipes, 5K, 10K, Half Marathon Training and Meal Plans for Runners	description	Running Plans, Recipes, 5K, 10K, Half Marathon Training and Meal Plans for Runners	url	https://runeatrepeat.com/	site_name	Run Eat Repeat
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SEO Content

	Headings	<table><thead><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr></thead><tbody><tr><td>1</td><td>11</td><td>6</td><td>16</td><td>0</td><td>0</td></tr></tbody></table> <ul style="list-style-type: none">• [H1] Run Eat Repeat• [H2] Nav Social Menu• [H2] Easy Scalloped Potatoes with Broccoli Recipe• [H2] Feeling Ready vs. Being Ready For Your Race• [H2] Major Marathon Race Registration Deadlines• [H2] Air Fryer Mojo Potatoes Recipe• [H2] Air Fryer Banana Split Recipe• [H2] My Rest Day Morning Routine• [H2] Half Marathon & Full Marathon Training Must Haves• [H2] Run Disney Races 2022 - Sign Up Links and Dates• [H2] Irvine Half Marathon Race Recap• [H2] Primary Sidebar• [H3] the Blog• [H3] Welcome to Run Eat Repeat!• [H3] Follow Me• [H3] Search• [H3] Latest on Instagram• [H3] Browse by Category• [H4] FREE RUNNING GOALS WORKBOOK• [H4] Blog• [H4] RUN GOALS• [H4] Recipes• [H4] 2022 Running Goals• [H4] Training Plans• [H4] RUN DISNEY• [H4] Race Recaps• [H4] Top Posts• [H4] Discount Codes• [H4] PODCAST• [H4] latest from• [H4] RUNNING GOALS WORKBOOK• [H4] Follow @RunEatRepeat• [H4] Disclaimer• [H4] Recent Posts	H1	H2	H3	H4	H5	H6	1	11	6	16	0	0
H1	H2	H3	H4	H5	H6									
1	11	6	16	0	0									
	Images	<p>We found 77 images on this web page.</p> <p>15 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>												
	Text/HTML Ratio	<p>Ratio : 2%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>												
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>												
	Iframe	<p>Great, there are no Iframes detected on this page.</p>												

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 36 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%


In-page links

Anchor	Type	Juice
Run Eat Repeat	Internal	Passing Juice
Blog	Internal	Passing Juice
RUN GOALS	Internal	Passing Juice
Recipes	Internal	Passing Juice
Training Plans	Internal	Passing Juice
RUN DISNEY	Internal	Passing Juice
Race Recaps	Internal	Passing Juice
Top Posts	Internal	Passing Juice
Discount Codes	Internal	Passing Juice
PODCAST	Internal	Passing Juice
Easy Scalloped Potatoes with Broccoli Recipe	Internal	Passing Juice
Dinner	Internal	Passing Juice
Lunch	Internal	Passing Juice
Recipes	Internal	Passing Juice
Feeling Ready vs. Being Ready For Your Race	Internal	Passing Juice

In-page links

Running	Internal	Passing Juice
Major Marathon Race Registration Deadlines	Internal	Passing Juice
Marathon	Internal	Passing Juice
Running	Internal	Passing Juice
Air Fryer Mojo Potatoes Recipe	Internal	Passing Juice
Snacks	Internal	Passing Juice
Air Fryer Banana Split Recipe	Internal	Passing Juice
Dessert	Internal	Passing Juice
My Rest Day Morning Routine	Internal	Passing Juice
Healthy Living	Internal	Passing Juice
Lifestyle	Internal	Passing Juice
My Life	Internal	Passing Juice
What Runners Eat	Internal	Passing Juice
Half Marathon &#038; Full Marathon Training Must Haves	Internal	Passing Juice
Gear	Internal	Passing Juice
Run Disney Races 2022 &#8211; Sign Up Links and Dates	Internal	Passing Juice
Run Disney	Internal	Passing Juice
Irvine Half Marathon Race Recap	Internal	Passing Juice
Half Marathon	Internal	Passing Juice
Race Recaps	Internal	Passing Juice
More »	Internal	Passing Juice






SEO Keywords

	Keywords Cloud	running training race disney read more half marathon recipe run
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
marathon	28	✓	✗	✓	✓
running	26	✓	✗	✓	✓
half	19	✓	✗	✓	✓
run	16	✓	✗	✓	✓
race	15	✗	✗	✗	✓



Usability

	Url	Domain : runeatrepeat.com Length : 16
	Favicon	Great, your website has a favicon.
	Printability	Great. We have found a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.


Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 16 Warnings : 14
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.





Document

	Deprecated HTML	<table><thead><tr><th>Deprecated tags</th><th>Occurrences</th></tr></thead><tbody><tr><td><center></td><td>1</td></tr></tbody></table> <p>Deprecated HTML tags are HTML tags that are no longer used. It is recommended that you remove or replace these HTML tags because they are now obsolete.</p>	Deprecated tags	Occurrences	<center>	1
Deprecated tags	Occurrences					
<center>	1					
	Speed Tips	<ul style="list-style-type: none">✓ Excellent, your website doesn't use nested tables.✗ Too bad, your website is using inline styles.✗ Too bad, your website has too many CSS files (more than 4).✗ Too bad, your website has too many JS files (more than 6).✓ Perfect, your website takes advantage of gzip.				

Mobile

	Mobile Optimization	<ul style="list-style-type: none">✓ Apple Icon✓ Meta Viewport Tag✓ Flash content
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Optimization

	XML Sitemap	Great, your website has an XML sitemap. http://runeatrepeat.com/sitemap.xml
	Robots.txt	http://runeatrepeat.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics