

How to Increase Your Stand Up Paddling Performance



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by Suzie Cooney

★★★★☆ 4.6 out of 5

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Stand up paddling is a great way to get exercise, enjoy the outdoors, and improve your balance. But if you want to take your stand up paddling performance to the next level, there are a few things you can do.

In this article, we will discuss how to increase your stand up paddling performance, including tips on improving your technique, building your endurance, and choosing the right equipment.

Improving Your Technique

The first step to improving your stand up paddling performance is to improve your technique. This includes learning how to paddle correctly, how to balance on the board, and how to turn.

Here are a few tips for improving your stand up paddling technique:

- **Keep your back straight and your core engaged.** This will help you maintain your balance and prevent you from getting tired.
- **Position your feet shoulder-width apart and slightly bent at the knees.** This will give you a stable base and help you control the board.
- **Reach out with your paddle and plant it in the water with a slight angle.** Then pull back towards yourself, keeping your stroke high and straight.
- **To turn, lean into the turn and use your paddle to steer.** Don't try to force the turn, just gently guide the board.

Building Your Endurance

Once you have mastered the basics of stand up paddling, you can start working on building your endurance. This will allow you to paddle for longer distances and at a higher speed.

Here are a few tips for building your stand up paddling endurance:

- **Start with short paddles and gradually increase the distance and intensity of your workouts.**
- **Listen to your body and take breaks when you need them.**
- **Stay hydrated by drinking plenty of water before, during, and after your workouts.**
- **Cross-train with other activities, such as running, biking, or swimming.** This will help you improve your overall fitness and endurance.

Choosing the Right Equipment

The right equipment can make a big difference in your stand up paddling performance. When choosing a board, consider your height, weight, and skill level. You will also want to choose a paddle that is the right length and weight for you.

Here are a few tips for choosing the right stand up paddling equipment:

- **For beginners, a wider, more stable board is a good choice.** As you become more experienced, you can switch to a narrower, faster board.
- **The length of your board should be about 10-12 feet for most people.**
- **The weight of your paddle should be about 2-3 pounds.**
- **Consider investing in a good quality leash.** This will help keep you safe if you fall off your board.

By following these tips, you can improve your stand up paddling performance and take your paddling to the next level. Just remember to be patient and consistent with your training, and you will see results.



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