



How fast can you go on an inflatable paddle board?

FAST

You will be able to stay on your [inflatable paddle board](#) when you first get a [paddle board](#), and you need not think too much about how far you will go. Paddle boarding is one water sport that doesn't really matter the pace. Water paddling is a calming sport, and some paddlers choose to travel at a slower pace. There are so many things that you can do in a [SUP](#), like yoga and touring, that you don't have to go hard.

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Nonetheless, some [SUP](#) activities require pace so that SUP riders and surfers can still want to go as quickly as possible.

When you go forward, it is difficult to decide how easily you get out of your board and get the maximum pace from it depends on several factors.

1. SUP Fitness. SUP Health.

It's no wonder that the fitter you 're, the quicker you 're able to paddle, the faster does your [paddle board](#) go.

Whether you paddle or slowly build up your fitness levels, you won't start very quickly. When you advance through sport and improve your fitness and paddling skills, you can paddle faster and float easier through water so that your pace increases automatically.

If you've mounted a paddle board, you can see people flying around you much faster than you are. Don't get put off by those who seem to fly at speed-they 're going to have started out just as a novice and it could take them a long time to drive their SUP so quick.

How to SUP

2. Size of the inflatable paddle board.

The size of your paddle board can influence your speed greatly. You won't get the best if you have the wrong size board and this will affect how fast you can go. Calculating the board volume and selecting the appropriate size ensures you can navigate it easier through the mud. The right volume board will allow the water to be moved to the right level, helping you to go faster.



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You may find yourself having trouble maintaining control when you have a small board, for example, and you are high, so your speed would be less than it should be.

3. Inflatable Paddle Board type.

Some boards are designed to go faster. Although they can be used to surf and compete, flatwater SUPs are usually larger boards, so they won't go quite so far. Since they are mostly used for fishing and yoga, they really don't have to be designed for size.

The quickest will be the paddle boards designed for racing and surfing. They are narrower and longer to help the board float through the water easily. Wider boards are typically slower.

4. Solid Paddle Board or inflatable SUP.

While [inflatable paddle boards](#) can do anything (look at the best inflatable SUPs here) a solid board can do everything, there is a difference in speed. The strong structure of a solid board makes handling by water simpler and can travel faster than an iSUP.

What To Wear to Paddle board

You will probably not notice a difference when on the water, but seasoned riders will and they really appreciate the extra speed.

5. The weather. Climate.

The weather has a significant impact on all aspects of paddleboarding and not just your speed.

The only strength you get on a glorious sunny day is from your own paddling, even if you are a real novice paddler, you 're not going to get there very easily.

Downwinders are classified because they paddle behind them with the wind. It simply leads them quicker than to swim against the current, or to be paddled by a crosswind.

Records of SUP speed.

Many races are paddled more than 200 m, and while the times may appear slow, they are races on the water, with paddles, and the boards only use the strength of the people who



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paddle them. Racing over 200 meters will offer a false sense of pace because a rapid explosion of pace is easier to sustain than a race over several miles.

Connor Baxter took the crown in 2016 for the fastest paddler that year with a 200 m speed of just 53.12 seconds, which is converted to about 8.5 mi / h.

How to turn your inflatable stand up paddle board

While most paddlers would love to go so fast, Danny Ching went even faster in 2014. In just 46.60 seconds, he finished 200 m. This is about 9,34 mph, but who knows whether or not he can maintain that speed for an hour.

SUP speeds are steadily increasing with advances in SUP technology and technology improvements and some unofficial tests performed over 200 m have averaged up to 17.7mi / h.

Max speeds of SUP.

Many paddlers are frustrated when they know how slow they 're going to a paddleboard, but the one thing that pushes them is to hit an average SUP speed itself. After all, when trying to move on straight lines, trying to maintain your balance on flowing water is hard enough without attempting to raise speed.

Most paddlers are around 3,5 to 4,5 miles per hour across the water, which is a good, relaxing pace. Beginners move to start more slowly, and recreational paddlers and tourers can keep their energy on longer excursions so that they can't paddle hard.

Racers are going faster, and the faster their board is, the better for them. They can reach an average speed of 5-7 miles an hour with the right paddling and racing techniques. Obviously, if a racer is windy and has put a lot of time on the right board and learned the best technique, they can go a little faster.