2025 CONCEPT 2 CHALLENGES

Check out all the Concept2 Challenges

CONCEPT2.COM/CHALLENGES

#c2challenge 800.245.5676

JANUARY



JANUARY 1-31

JANUARY REVOLUTIONS

CHALLENGE

Choose your goal and set your New Year's resolution.



JANUARY 1-31
VIRTUAL TEAM
CHALLENGE

Team members row, ski or ride as many meters as they can.

FEBRUARY



FEBRUARY 1-28 **TOUR DE SKIERG**A different SkiErg event each week.



FEBRUARY 1-28

MILITARY CHALLENGE

Select your military affiliation and row, ski or ride as many meters as you can.



FEBRUARY 9-14

VALENTINE CHALLENGE Row, ski or ride 14,000 meters.

MARCH



MARCH 1-31

MUD SEASON MADNESS Row, ski or ride 5000 meters or 10,000 meters per day for 25 days or more.*

MARCH 5-9



WORLD ROWING VIRTUAL INDOOR SPRINTS

A worldwide virtual 1000 meter RowErg race.



MARCH 8

INTERNATIONAL WOMEN'S DAY

Row, ski or ride 5000 meters (10,000 on the BikeErg) to raise money for charity.



MARCH 15-APRIL 15
WORLD ERG CHALLENGE

Team members row, ski or ride as many meters as they can.

APRIL



continued...

MARCH 15-APRIL 15

WORLD ERG CHALLENGE
Team members row, ski or ride

Team members row, ski or ride as many meters as they can.



APRIL 1-15

APRIL FOOLS'
CHALLENGE

Row, ski or ride an increasing distance each day.

MAY



MARATHON & CENTURY CHALLENGE

Row or ski a half (21,097 meters) or full (42,195 meters) marathon. Ride a half (50,000 meters) or full (100,000 meters) century ride.



MAY 1-31

MINDFUL MAY METERS CHALLENGE

Row, ski or ride to support mental health awareness.

JUNE



JUNETEENTH CHALLENGE

Row, ski, or ride at least 1900 meters to raise money for racial justice organizations.



JUNE 20

SUMMER SOLSTICE CHALLENGE

Row, ski or ride a combined 21,000 meters in one day. On water and on snow meters allowed.

JULY



JULY 9-13

BIKEERG WORLD SPRINTS

A worldwide virtual 1000 meter BikeErg race.

AUGUST



AUGUST 1-28

DOG DAYS OF SUMMER

A different total distance goal each week for a total of 100,000 meters. On water and on snow meters allowed.*

SEPTEMBER



SEPTEMBER 1-7

WOD WEEK

Complete the Concept2 Workout of the Day on at least five days of WOD Week.



SEPTEMBER 15-OCTOBER 15

FALL TEAM CHALLENGE

Team members row, ski or ride as many meters as possible.

OCTOBER



SEPTEMBER 15-OCTOBER 15

FALL TEAM CHALLENGE

Team members row, ski or ride as many meters as possible.



OCTOBER 25-31

SKELETON CREW

CHALLENGE

Row, ski or ride a combined
31,000 meters.*

NOVEMBER



NOVEMBER 6-9 **SKIERG WORLD SPRINTS**A worldwide virtual 1000 meter SkiErg race.



NOVEMBER 27-DECEMBER 24 **HOLIDAY CHALLENGE**

DECEMBER



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NOVEMBER 27-DECEMBER 24
HOLIDAY CHALLENGE

Row, ski or ride at least 100,000 or 200,000 meters.*

Rowerg --> Skierg Bikeerg





