


November

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
Use this calendar to help you complete the Holiday Challenge : 100k or 200k meters between Nov. 28 and Dec. 24 (27 days total). For the 100k challenge, aim for 4000m daily. For the 200k challenge, aim for 7500m daily.	BikeErg meters are counted as half when applied to the challenge; double workout meters when on a BikeErg. <i>As always, consult with a doctor before starting any exercise program.</i>	<ol style="list-style-type: none"> Sign up for the free online logbook to record your meters. Choose the charity you wish to support for the Challenge. Download ErgData to connect wirelessly to the PM5 and upload your workouts to your logbook. 		<p>Welcome!</p> <p>100k goal: 5000m at a stroke rate 24–26 spm (row) or 35–40 spm (ski). BikeErg: 10,000m at 60–80 rpm.</p> <p>200k goal: 10,000m at a stroke rate 24–26 spm (row) BikeErg: 20,000m at 60–80 rpm.</p>	<p>100k goal: 4 x 750m with one minute rest in between.</p> <p>200k goal: 4 x 1500m with one minute rest in between.</p>	<p>Warmup: 2000m (row/ski) or 4000m (BikeErg).</p> <p>Race 500m (row/ski) or 1000m (BikeErg).</p> <p>Cool down: 2000m (row/ski) or 4000m (BikeErg).</p>

December

1	2	3	4	5	6	7
<p>100k goal: 2 x 10 minutes.</p> <p>200k goal: 4 x 20 minutes.</p>	<p>5 minutes, 10 minutes 15 minutes, 10 minutes 5 minutes</p> <p>Rest 2 minutes between each interval. Rate changes every minute.</p>	<p>100k goal: Stroke Counting Ladder. 1 on/1 off up to 30 on/30 off.</p> <p>200k goal: Stroke Counting Pyramid. 1 on/1 off up to 30 on/30 off and back down to 1 on/1 off.</p> <p>BikeErg: spin ups</p>	<p>A 2-3 erg workout: RowErg, SkiErg and BikeErg.</p> <p>100k & 200k: 4 minutes on each erg, 3 minutes on each erg, 2 minutes on each erg, 1 minute on each erg.</p>	<p>30 minutes Time Trial</p>	<p>100k goal: 3 rounds of 5 minutes easy, 3 minutes moderate, 1 minute hard.</p> <p>200k goal: 5 rounds of 5 minutes easy, 3 minutes moderate, 1 minute hard.</p> <p>(BikeErg vary damper.)</p>	<p>(3 minutes work/:30 rest) x 10.</p> <p>Preset the PM for a 2:30 work interval and a 0:30 rest interval. Aim for 30 minutes total time (10 work intervals).</p>
8	9	10	11	12	13	14
<p>100k goal: 10k (row/ski).</p> <p>200k goal: 10k or half marathon (21,097m) (row/ski).</p> <p>BikeErg: half (21,097m) or full marathon (42,195m).</p>	<p>100k goal: 4000m (8000m BikeErg).</p> <p>200k goal: 8000m (16,000m BikeErg).</p>	<p>5000m with rate changes every 1000m.</p> <p>Vary your stroke rate as follows: RowErg: 22 spm/24 spm/26 spm/24 spm/22 spm SkiErg: 32 spm/34 spm/36 spm/34 spm/32 spm BikeErg: 70 rpm/80 rpm/90 rpm/80 rpm/70 rpm.</p>	<p>The Conceptz Ergathlon!</p> <p>10k RowErg 20k BikeErg 10k SkiErg (complete in any order)</p>	<p>100k goal: 15 intervals of 1 minute hard, 1 minute easy.</p> <p>200k goal: 20 intervals of 1 minute hard, 1 minute easy.</p>	<p>100k goal: 3000m, 2 minutes rest, 2000m, 1 minute rest, 1000m.</p> <p>200k goal: 4000m, 3 minutes rest, 3000m, 2 minutes rest, 2000m, 1 minute rest, 1000m (BikeErg: double meters).</p>	<p>Tabata Intervals 8 rounds of 20 seconds on, 10 seconds rest. Vary the damper each set.</p> <p>100k goal: 4 sets total.</p> <p>200k goal: 5 sets total.</p>

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">15</p> <p>1.5 hours total throughout the day.</p>	<p style="text-align: right;">16</p> <p>Power Tens Every Minute</p> <p>100k goal: 20 minutes.</p> <p>200k goal: 30 minutes.</p>	<p style="text-align: right;">17</p> <p>Calorie Pyramid with multiple ergs</p> <p>100k goal: 50/10, 40/20 30/30, 20/40, 10/50.</p> <p>200k goal: 60/10, 50/20 40/30, 30/40, 20/50, 10/60.</p>	<p style="text-align: right;">18</p> <p>Triathlon Day</p> <p>1k SkiErg 2k RowErg 6k BikeErg</p>	<p style="text-align: right;">19</p> <p>Reverse Pyramids 100k goal: 8/6/4/2/4/6/8 minutes.</p> <p>200k goal: 10/8/6/4/2/4/6/8/10 minutes. Vary your stroke rate and rpm: RowErg: 22/24/26/28/30/29/27/25/23 spm SkiErg: 42/44/46/48/50/49/47/45/43 spm BikeErg: 60/70/80/90/100/90/80/70/60 rpm</p>	<p style="text-align: right;">20</p> <p>Maintain or increase average wattage.</p> <p>100k goal: 6 x 3 minutes hard, 3 minutes easy.</p> <p>200k goal: 8 x 3 minutes hard, 3 minutes easy.</p>	<p style="text-align: right;">21</p> <p>Partner Workout 100k & 200k goals:</p> <p>Partner 1: Row, ski or ride 50 Calories. Partner 2: Plank until Partner 1 finishes. Switch.</p> <p><u>Continue:</u> 40 Calories/Alternative Lunges. 30 Calories/Wall Sit. 20 Calories/Burpees. 10 Calories/Push Ups.</p>
<p style="text-align: right;">22</p> <p>100k goal: 3 x 10 minutes with two minute rest in between.</p> <p>200k goal: 6 x 10 minutes with two minute rest in between.</p>	<p style="text-align: right;">23</p> <p>100k goal: 100m with 90 seconds rest x 10</p> <p>200k goal: 100m with 90 seconds rest x 20</p> <p>Continue rowing through the rest to rack up meters!</p>	<p style="text-align: right;">24</p> <p>LAST DAY!</p> <p>Finish up your meters.</p> <p>Thanks for joining us!</p>	 <p>CELEBRATING 20 YEARS HOLIDAY CHALLENGE concept 2 2019</p>			



How to Begin

Welcome to the 20th Annual Holiday Challenge!

Use this calendar to help inspire workouts for your goal: 100k or 200k. Join us on social media as part of the community: #C2challenge

Traveling? Find a [RowErg](#), [SkiErg](#) or [BikeErg](#) at a public location near you such as a hotel or gym. Keep up those meters!

In addition to the day-by-day suggestions below, at the end of this document here are ideas for other ways to sneak in meters.

Thursday, November 28, Happy Thanksgiving!

Today, get in a nice long warm-up (those meters count, too!) before setting your monitor for a [Single Distance Workout](#).

- 100k goal: 5000m stroke rate 24-26 spm (row) ([What's Stroke Rate?](#)) or 35-40 spm (ski). BikeErg: 10,000m at 60-80 rpm.
- 200k goal: 10,000m, stroke rate 24-26 spm (row) ([What's Stroke Rate?](#)) or 35-40 spm (ski). BikeErg: 20,000m at 60-80 rpm.

Friday, November 29

Black Friday! Concept2 offices are closed so we can get in our holiday meters, too. Our website is always [open for shopping](#) (US/Canada) if you're looking for [that perfect gift](#).

[Interval workouts](#) focus on harder periods of work followed by some rest. Set up your Performance Monitor for a [Distance Interval Workout](#).

- 100k goal: 4 x 750m with one minute rest in between. (BikeErg, 4 x 1500m)
- 200k goal: 4 x 1500m with one minute rest in between. (BikeErg, 4 x 3000m)

Use this calendar to help complete the [Concept2 Holiday Challenge](#): 100k or 200k meters between November 28 and December 24, 2018 (27 days total).

- For the 100k challenge, aim for 4000m daily.
- For the 200k challenge, aim for 7500m daily.

(These goals help you build up a few meters for some days off.)

RowErg and SkiErg meters: Use the suggested workouts below. BikeErg meters are counted as half when applied to the challenge; double your meters when you do these workouts on a BikeErg.

No on water, on snow, or outdoor cycling meters, please.

This guide serves as suggestions only; feel free to move days around according to your schedule and needs.

As always, consult with a doctor before starting any exercise program.

Saturday, November 30

Do you put up holiday decorations immediately after Thanksgiving or wait? Hopefully you have time today to add meters to your logbook. Set your Performance Monitor to a [Single Distance Workout](#).

- Warmup for 2000m (row/ski) or 4000m (BikeErg).
- Race 500m (row/ski) or 1000m (BikeErg).

Submit your time in your [Concept2 Online Logbook](#) and [rank your 500m result](#) in your Latest Workouts.

- Cool down with another 2000m (row/ski) or 4000m (BikeErg).

Sunday, December 1

For extra motivation, join our podcast, [As The Flywheel Spins](#), with Concept2 trainer Cady Petterssen-Hart. Workout 42 will guide you through these long intervals with excellent coaching and commentary.

- 100k goal: 2 x 10 minutes.
- 200k goal: 4 x 10 minutes.

Take a 2-3 minute break in between each set. Get up, stretch, sip some water and try to go a little faster for your next 10 minute interval.

Monday, December 2

Case of the Mondays? Try to keep moving today.

- 5 minutes
- 10 minutes
- 15 minutes
- 10 minutes
- 5 minutes

Rest 2 minutes between each interval.

Rate changes every minute:

<u>RowErg:</u>	<u>SkiErg:</u>	<u>BikeErg:</u>
<ul style="list-style-type: none">• 5 minutes: 18/20/22/20/18• 10 minutes: 20/20/22/22/24/24/22/22/20/20	<ul style="list-style-type: none">• 5 minutes: 35/37/39/37/35• 10 minutes: 37/37/39/39/41/41/39/39/37/37	<ul style="list-style-type: none">• 5 minutes: 65/70/75/70/65• 10 minutes: 70/70/75/75/80/80/75/75/70/70
<ul style="list-style-type: none">• 15 minutes: 22/22/22/24/24/24/26/26/26/ 24/24/24/22/22/22	<ul style="list-style-type: none">• 15 minutes: 39/39/39/41/41/41/43/43/43/ 41/41/41/39/39/39	<ul style="list-style-type: none">• 15 minutes: 75/75/75/80/80/80/85/85/85/ 80/80/80/75/75/75
<ul style="list-style-type: none">• 10 minutes: 24/24/26/26/28/28/26/26/24/24	<ul style="list-style-type: none">• 10 minutes: 24/24/26/26/28/28/26/26/24/24	<ul style="list-style-type: none">• 10 minutes: 80/80/85/85/90/90/85/85/80/80
<ul style="list-style-type: none">• 5 minutes: 26/28/30/28/26	<ul style="list-style-type: none">• 5 minutes: 26/28/30/28/26	<ul style="list-style-type: none">• 5 minutes: 85/90/95/90/85

Tuesday, December 3

- 100k goal: Stroke Counting Ladder. 1 stroke hard/1 stroke easy, 2 strokes hard/2 strokes easy, all the way up to 30.
- 200k goal: Stroke Counting Pyramid. 1 stroke hard/1 stroke easy, 2 strokes hard/2 strokes easy, all the way up to 30 and then back down again.

BikeErg: Instead of strokes, work on 10-second spin ups. A “spin up” is a brief burst of energy and faster RPM. Try 10 seconds on/10 seconds off, 20 seconds on/20 seconds off, etc.

Wednesday, December 4

Wednesdays throughout the Challenge we suggest mixing up your workout with multiple ergs. If you don't have access to other ergs, you can use our visit our [Indoor Rower Finder](#), [SkiErg Finder](#) or [BikeErg Finder](#) online to see if one is near you. If these aren't options for you, try to include a walk or other activity in your day (even if these meters can't be counted toward the challenge). Get outside if possible!

A 2-3 erg workout: RowErg, SkiErg and BikeErg.

- 100k & 200k goals: 4 minutes on each erg, 3 minutes on each erg, 2 minutes on each erg, 1 minute on each erg.

Only one erg? Try a reverse pyramid: 4 minutes, 3 minutes, 2 minutes, 1 minute, 1 minute, 2 minutes, 3 minutes, 4 minutes.

Thursday, December 5

You've completed your first week of the Holiday Challenge! Way to go!

- 100k & 200k goals: 30 minutes.

Submit your time in your [Concept2 Online Logbook](#) and [rank your 500m result](#) in your Latest Workouts.

Friday, December 6

Increase your intensity in this workout by focusing on your pace, not strokes per minute (row/ski).

- 100k goal: 3 rounds of 5 minutes easy, 3 minutes moderate, 1 minute hard.
- 200k goal: 5 rounds of 5 minutes easy, 3 minutes moderate, 1 minute hard.
- BikeErg only: 5 minutes at damper 1-2, 3 minutes at damper 3-4, 1 minute at damper 5.

Saturday, December 7

Intervals are our favorite way to keep training fresh. Set up your Performance Monitor for a [Time Interval Workout](#).

- 100k & 200k goals: 3 minute intervals. Pre-set the PM for a 2:30 work interval and a 0:30 rest interval. Aim for 30 minutes total time (10 work intervals).

Sunday, December 8

- 100k goal: 10k (row/ski) or half marathon (21,097m) BikeErg.
- 200k goal: 10k or [half marathon \(21,097m\)](#). BikeErg: 40,000m.

Submit your time in your [Concept2 Online Logbook](#) and [rank your 500m result](#) in your Latest Workouts.

Monday, December 9

Case of the Mondays? Try to keep moving today.

- 100k goal: 4000m (8000m BikeErg).
- 200k goal: 8000m (16,000m BikeErg).

Tuesday, December 10

- 100k & 200k goals: 5000m with rate changes every 1000m.
(BikeErg, 10,000m, rate change ever 2000m)

Vary your stroke rate as follows:

RowErg: 22 spm/24 spm/26 spm/24 spm/22 spm.

SkiErg: 32 spm/34 spm/36 spm/34 spm/32 spm.

BikeErg: 70 rpm/80 rpm/90 rpm/80 rpm/70 rpm.

Wednesday, December 11

Mix it up with a 2-3 erg workout: the Concept2 [Ergathlon](#)! You can set up Ergathlon on your PM5 to easily upload and rank your best race.

10k RowErg

20k BikeErg

10k SkiErg

(You can complete in any order.)

Alternate with 1-2 ergs: 3x10,000m (20,000 for BikeErg).

Thursday, December 12

If you have other friends or family members also aiming for 100k or 200k in our Challenge, reach out to them today. Think about them during your workout. Even if you don't workout together, we're *all* in this together!

- 100k goal: 15 intervals of 1 minute hard, 1 minute easy.
- 200k goal: 20 intervals of 1 minute hard, 1 minute easy.

Friday, December 13

Show us where you erg! Share a photo of where you row, ski or ride on social media to be entered to win prizes today like T-shirts, hats and rowing shorts! Tag us on Facebook and Instagram! #C2challenge

- 100k goal: 3000m, 2 minutes rest, 2000m, 1 minute rest, 1000m.
- 200k goal: 4000m, 3 minutes rest, 3000m, 2 minutes rest, 2000m, 1 minute rest, 1000m.

BikeErg: double the meters

Saturday, December 14

The [Tabata](#) interval workout gets its name from Tzumi Tabata who demonstrated its effectiveness in 1996. Tabata intervals are a time-efficient way to get a terrific workout.

8 rounds of 20 seconds on, 10 seconds rest.

- 100k goal: repeat 3 more times (4 sets total).
- 200k goal: repeat 4 more times (5 sets total).

Vary the damper each set. Set 1, damper 5. Set 2, damper 3. Set 3, damper 7. Set 4, damper 4, Set 5, damper 2.

Sunday, December 15

Today, if you can swing it, plan on staying in your workout clothes throughout the day. Get in meters when you can, with a goal of 1.5 hours total. Write up your “to do” list and after each task, reward yourself with a 2000m workout.

Holiday cards to write? Finish a stack, workout, repeat. Wrapping presents? Wrap, workout, repeat. Cookie baking? Mix, workout, bake, repeat!

Monday, December 16

Try our “Power Tens” [Best Recovery Workout](#):

- 100k goal: 20 minutes.
- 200k goal: 30 minutes.

Every minute, take 10 strokes with a little bit more intensity, then ease back down. (If you feel good, you can go a bit harder on the 10 stroke pieces; if not, keep them moderate.)

BikeErg: Every minute, substitute strokes with spin ups. Raise your rpm (approximately +10 rpm) with more intensity for 30 seconds.

Tuesday, December 17

Today, try a [Calorie workout](#).

- 100k goal: 50 Calorie row/10 Calorie ski or ride, 40 Calorie row/20 Calorie ski or ride, 30 Calorie row/30 Calorie ski or ride, 20 Calorie row/40 Calorie ski or ride, 10 Calorie row/50 Calorie ski or ride.
- 200k goal: 60 Calorie row/10 Calorie ski or ride, 50 Calorie row/20 Calorie ski or ride, 40 Calorie row/30 Calorie ski or ride, 30 Calorie row/40 Calorie ski or ride, 20 Calorie row/50 Calorie ski or ride, 10 Calorie row/60 Calorie ski or ride.

Wednesday, December 18

If you have access to the indoor rower, SkiErg and BikeErg, today is a triathlon day!

- 1k SkiErg.
- 2k indoor rower.
- 6k BikeErg.

(total challenge meters: 6k)

Record your times on each Performance Monitor and add them to the logbook as three workouts. Feel free to race as one workout or take breaks in between each transition.

Alternatives:

- Substitute any machine with a run (running meters do not count toward the challenge).
- Use one machine for a 1000m/2000m/3000m workout, 1 minute rest in between each set.
- Use one machine for a 1000m/2000m/3000m workout, 1 minute body weight exercise in between each set (such as lunges, burpees, situps, or pullups).

Thursday, December 19

No matter how fast you row, ski or ride, know that your goal is in sight!

- 100k goal: Reverse Pyramid 8 minutes, 6 minutes, 4 minutes, 2 minutes, 4 minutes, 6 minutes, 8 minutes.
- 200k goal: Reverse Pyramid 10 minutes, 8 minutes, 6 minutes,, 4 minutes, 2 minutes, 4 minutes, 6 minutes, 8 minutes, 10 minutes.

Vary your stroke rate and rpm as follows:

RowErg: 22/24/26/28/30/29/27/25/23 spm

SkiErg: 42/44/46/48/50/49/47/45/43 spm

BikeErg: 60/70/80/90/100/90/80/70/60 rpm

Friday, December 20

Are you in the holiday spirit yet?

- 100k goal: 6x3 minutes hard, 3 minutes easy.
- 200k goal: 8x3 minutes hard, 3 minutes easy.

Set your monitor to Watts. See if you can maintain or increase the average watts for each interval

Saturday, December 21

Happy Solstice! Today is the longest (or shortest) night of the year! Take advantage of the darkness! Who needs sunlight when you have your erg? Go outside for a walk in the sunshine, then get in your meters when it's dark.

You can opt to do this workout solo, but it is motivating (and rewarding) to find someone to join you! Feel free to opt in other exercises if you prefer. (The body weight exercises do not count toward Holiday Challenge meters, but you've mostly completed those by now anyway, right?)

You can set up a [Calorie workout](#) on your Performance Monitor.

100k & 200k goals:

- Partner 1: Row, ski or ride 50 Calories. Partner 2: Hold a plank until Partner 1 finishes. Then switch! (Partner 2 rows, skis or rides while Partner 1 does the plank.)
- Partner 1: Row, ski or ride 40 Calories. Partner 2: Do alternating lunges until Partner 1 finishes. Switch!
- Partner 1: Row, ski or ride 30 Calories. Partner 2: Hold a wall sit until Partner 1 finishes. Switch!
- Partner 1: Row, ski or ride 20 Calories. Partner 2: Complete as many burpees as possible until Partner 1 finishes. Switch!
- Partner 1: Row, ski or ride 10 Calories. Partner 2: Complete as many push ups as possible until Partner 1 finishes. Switch!
- DONE!

Sunday, December 22

Happy Hanukkah! There are eight days of celebration ahead!

Hopefully your meters now are just earning more money for the great list of charities we're excited to support. Cha-ching!

- 100k goal: 3x10 minutes with two minute rest in between.
- 200k goal: 6x10 minutes with two minute rest in between.

Monday, December 23

There is a temptation to try to finish up meters today in one last effort. Reminder: you still have one more day!

- 100k goal: 100m with 90 seconds rest x 10
- 200k goal: 100m with 90 seconds rest x 20

Continue rowing through the rest to rack up meters!

Tuesday, December 24

Hopefully you're all caught up in meters and have done your part to help us support one of our great charities. If not, squeak in your last best effort!

After finishing the challenge, download and print your free certificate of completion from your logbook. Be sure your full name and complete postal address is in your profile if you've completed 200k+ meters and want to receive your commemorative pin (FREE!).

See you in 2020!

Additional Workout Ideas

- Podcast
 - Sign up to receive downloads of our podcast, [As The Flywheel Spins](#), with Concept2 trainer Cady Petterssen-Hart. This audio instruction provides technique tips and training as you follow along, stroke by stroke.
- WOD (Workout Of the Day)
 - Visit our [Workout Of the Day](#) for daily inspiration. The WOD can be emailed directly to your inbox!
- Games
 - Try the Fish Game on the PM3, PM4 or PM5 for a quick four minute workout.
 - Play 1-3 rounds of the Darts Game (PM4, PM5).
- Entertainment
 - Watch the Thanksgiving Day Parade or your favorite holiday classic with a row/ski/bike during each commercial break.
 - Row/ski/bike a football halftime show, 1k for each team's points or commercial breaks.
- Music
 - Try Trainer Cady's Playlist: [Cady's Workout](#) on Spotify.
 - Try: 1 song to warmup, 3 songs of intensity, 1 song to cool down.
 - Try: 1 songs to warmup, 2 songs of intensity, 1 song rest, 2 songs intensity, 1 song to cool down.
- Movies
 - Here are some of our favorite holiday workout movies:
 - Seinfeld "The Strike" Festivus episode (23 minutes)
 - The Producers (1 hour, 30 minutes)
 - Elf (1 hour, 37 minutes)
 - Christmas Vacation (1 hour, 37 minutes)
 - Home Alone (1 hour, 43 minutes)
 - Die Hard (2 hours, 12 minutes)
 - Love, Actually (2 hours, 25 minutes)

To exercise during a movie, prep your set-up: have water, snacks and the remote handy. Turn up the volume or wear headphones. Feel free to take breaks and stretch. The Performance Monitor will stay on for approximately 2 minutes with fresh batteries. Press CHANGE UNITS/UNITS to keep it alive. You can "Just Row" to count up during your movie if you aren't looking to complete a specific distance.