Holiday Challenge 2026 Workout Suggestions

Goal (meters)	100,000	200,000
Meters/Day	3448	6897

First Day of Holiday Challenge	11/26/2026
Last Day of Holiday Challenge	12/24/2026
Total Number of Days	29

Below you will find 29 days of workout suggestions designed to help you reach your Holiday Challenge meter goal. Each year, the number of days for the challenge is different, so be sure you know how many days you have to reach your 100k or 200k goal. Don't forget to take some rest/easy days, too! Use our free app ErgData for easy recording of all your meters or to automatically set up the Workout of the Day (WOD). Just tap the link for each workout and it automatically programs it for you in your ErgData app. Note: BikeErg meters count for half the distance when applied to the challenge.

Workout suggestions

	Day 1	Day 2	Day 3	Day 4	**Day 5 - WOD**	Day 6	Day 7	Day 8
100k Goal	5000m at stroke rate 24–26 spm (row) or 35–40 spm (ski)	4 x 750m with one minute rest in between	Warmup: 2000m (row/ski) or 4000m (BikeErg). Race 500m (row/ski) or 1000m (BikeErg). Cool down: 2000m (row/ski) or 4000m (BikeErg).	2 x 10 minutes with 90 seconds rest in between	5 minutes, 10 minutes, 15 minutes, 10 minutes, 5 minutes. Rest 2 minutes between each interval.	Stroke Counting Ladder. 1 stroke on/1 stroke off up to 30 on/30 off.	A 2-3 erg workout: RowErg, SkiErg and BikeErg. 100k & 200k: 4 minutes on each erg, 3 minutes on each erg, 2 minutes on each erg, 1 minute on each erg.	Try some Calorie-based intervals.12 x 10 Cals with 20 seconds rest in between.
200k Goal	10,000m at stroke rate 24–26 spm (row) or 35-40 spm (ski)	4 x 1500m with one minute rest in between		4 x 10 minutes with 90 seconds rest in between		Stroke Counting Pyramid. 1 stroke on/1 stroke off, 2 strokes on/2 strokes off, up to 30 on/30 off and back down to 1 on/1 off.		Aim for 20 x 10 Cal with 20 seconds rest in between
BikeErg Notes	BikeErg: Double the meters, so 10,000m at 60-80 rpm or 20,000m at 60–80 rpm.					BikeErg Pyramid: 20 seconds on/20 seconds off, 30 seconds on/30 seconds off, up to 1 min on, 1 min off, and back down.		

	Day 9	**Day 10 - WOD**	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16
100k Goal	3 rounds of 5 minutes easy, 3 minutes moderate, 1 minute hard	Intervals: (2:30 work/: 30 rest) x 10. Preset the PM for a 2:30 work interval and a 0:30 rest interval.	10k (row/ski)	4000m	5000m with rate changes every 1000m as follows: RowErg: 22/24/26/24/22 spm. and SkiErg: 32/34/36/34/32 spm.	The Concept2 Ergathlon! 10k RowErg, 20k BikeErg, 10k SkiErg, (complete in any order) (or 3 x 10k on whatever erg you have!)	15 intervals of 1 minute hard, 1 minute easy	Intervals with undefined rest: Set a 200m work interval. During the rest, do 10 reps of an exercise of your choice (situps, squats, pushups, etc). Do 20 of these intervals.
200k Goal	5 rounds of 5 minutes easy, 3 minutes moderate, 1 minute hard		Half marathon (21,097 m) (row/ski)	8000m			20 intervals of 1 minute hard, 1 minute easy	Do 30 of the above intervals.
BikeErg Notes	BikeErg: Vary damper for easy, moderate, hard.		BikeErg: half (21,097m) or full marathon (42,195 m).	Make that 8000m or 16,000m, depending on your goal.	10k, varying rpm every 2000m: 70/80/90/80/70 rpm.			Remember to double the distance for the BikeErg.

	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	**Day 24 - WOD**
100k Goal	3000m, 2 minutes rest, 2000m, 1 minute rest, 1000m	Tabata Intervals: 8 rounds of 20 seconds on, 10 seconds rest. Vary the damper each set. 100k goal: 4 sets total.	1.5 hours total throughout the day	20 minutes with Power Tens (10 strokes hard!) every minute	Calorie Pyramid (with multiple ergs if you have them): 50/10, 40/20, 30/30, 20/40, 10/50	Triathlon Day: 1k SkiErg, 2k RowErg, 6k BikeErg, **OR** Use one machine for a 1000m/2000m/3000m workout, 1 minute rest in between each set.	Reverse Pyramids: 8/6/4/2/4/6/8 minutes with 1 minute rest between efforts	Check out the Concept2 Workout of the Day for another workout idea!!
200k Goal	4000m, 3 minutes rest, 3000m, 2 minutes rest, 2000m, 1 minute rest, 1000m	Tabata Intervals: 8 rounds of 20 seconds on, 10 seconds rest. Vary the damper each set. 200k goal: 5 sets total.		30 minutes with Power Tens (10 strokes hard!) every minute	Calorie Pyramid (with multiple ergs if you have them): 60/10, 50/20, 40/30, 30/40, 20/50, 10/60		Reverse Pyramids: 10/8/6/4/2/4/6/8/10 minutes with 1 minute rest between efforts	
BikeErg Notes	Remember to double the distance for the BikeErg.			BikeErg: Every minute, substitute strokes with spin ups. Raise your rpm (approximately +10 rpm) with more intensity for 30 seconds.				

	Day 25	Day 26	Day 27	Day 28	Day 29		
100k Goal	6 x 3 minutes hard, 3 minutes easy	Sharing your machine? Here's a Partner Workout. While one of you rows (skis or bikes), the other does bodyweight exercises, then you switch for five rounds. 30 Calories at a time. Choose from plank, ab work, squats, pushups, wall sit, burpees, lunges... Do this workout with a friend, on your own (90 seconds bodyweight exercises), or with multiple people.	5 minutes easy, 4 x 1000m with 1 min rest between efforts	300 Calories	LAST DAY! Do a 30 minute all-out effort to cap off your challenge! Thanks for joining us. Enjoy your holidays!		
200k Goal	8 x 3 minutes hard, 3 minutes easy		5 minutes easy, 6 x 1000m with 1 min rest between efforts	500 Calories			
BikeErg Notes							