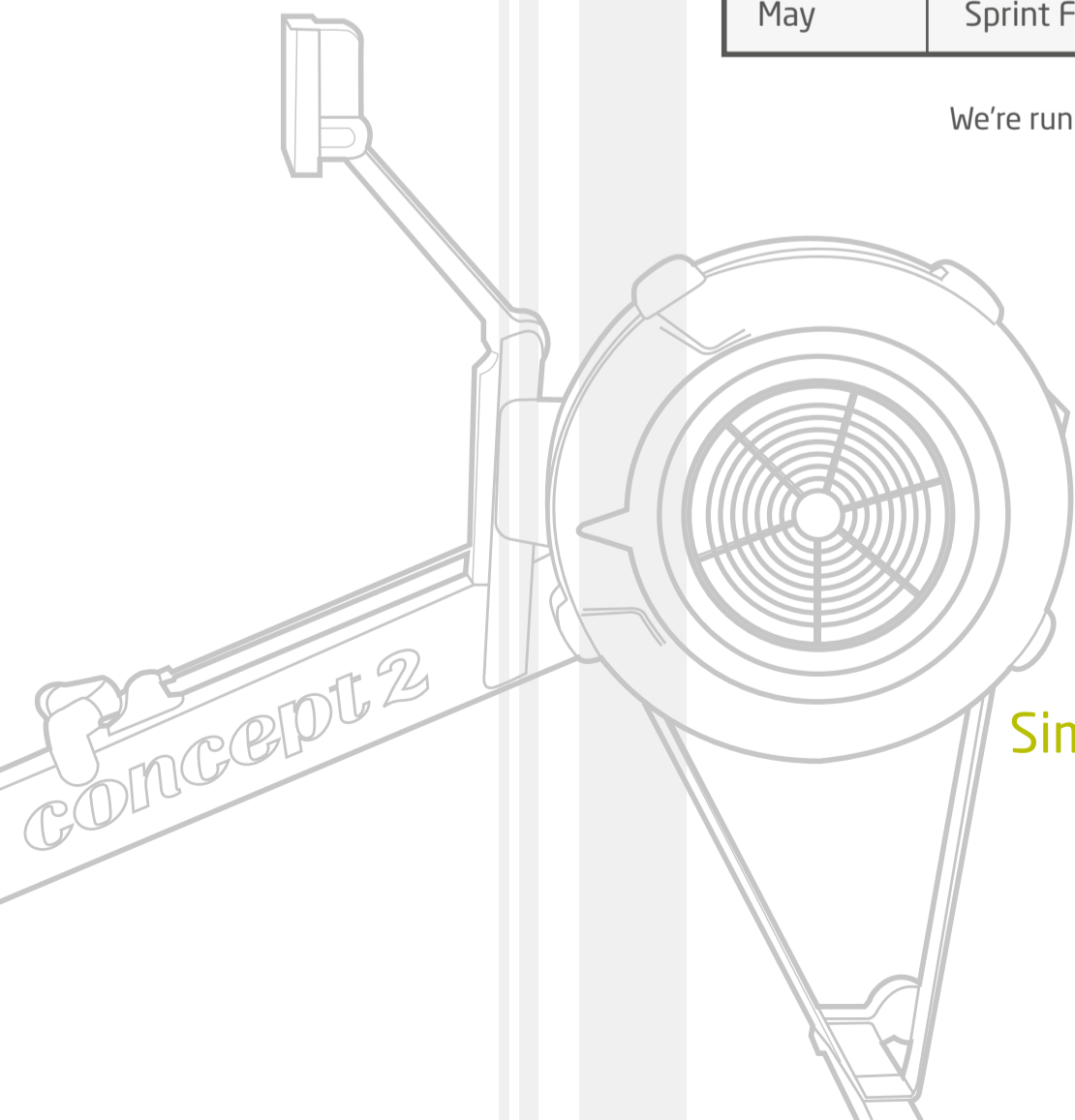


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MONTH	CHALLENGE	DISTANCE/TIME	ENTRIES CLOSE (11pm)
September	O'Neill Fitness Test	4 mins	1st October
October	One Mile	1,609m	1st November
November	Joe Simpson Challenge	6,344m	1st December
December	Greg Searle Challenge	5,000m	1st January
January	Gut Buster	10,000m	1st February
February	Classic Indoor Race Distance	2,500m	1st March
March	Olympic Race Distance	2,000m	1st April
April	Boat Race Record	16 mins 19 secs	1st May
May	Sprint Finish	500m	1st June

We're running with the age categories: <16, <18, <20, 20+, 30+, 40+, 50+, 60+, 70+



Want to know more?

Simply visit concept2.co.uk/challengeseries





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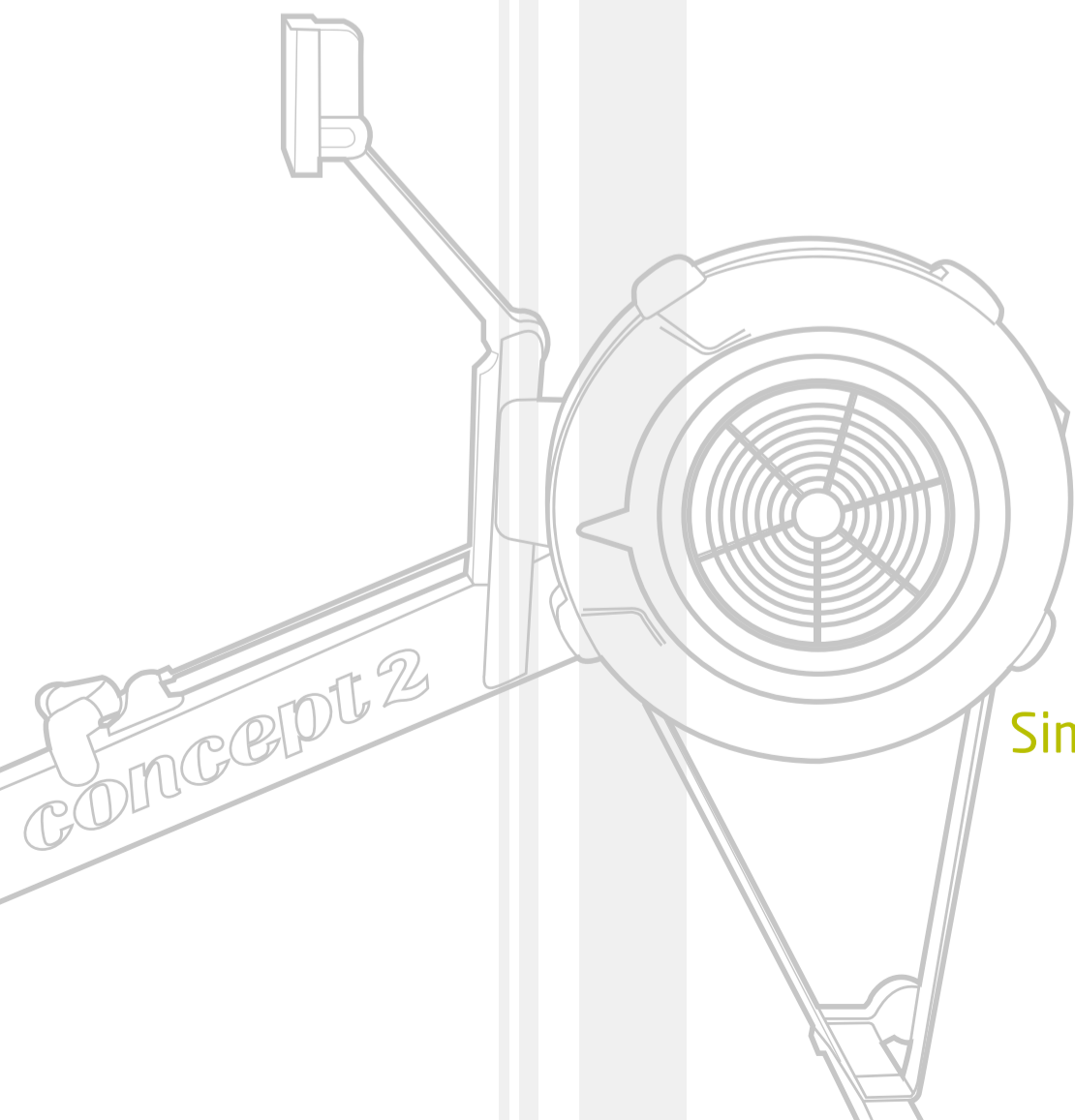
SEPTEMBER

Four Minute O'Neill Fitness Test

The O'Neill Fitness Test is a great way to monitor your aerobic fitness level. All you have to do is compare the distance you cover in four minutes on the Concept2 with the chart at http://concept2.co.uk/training/oneill_test

Why not do the O'Neill Fitness Test regularly and chart your progress to give yourself a motivational boost

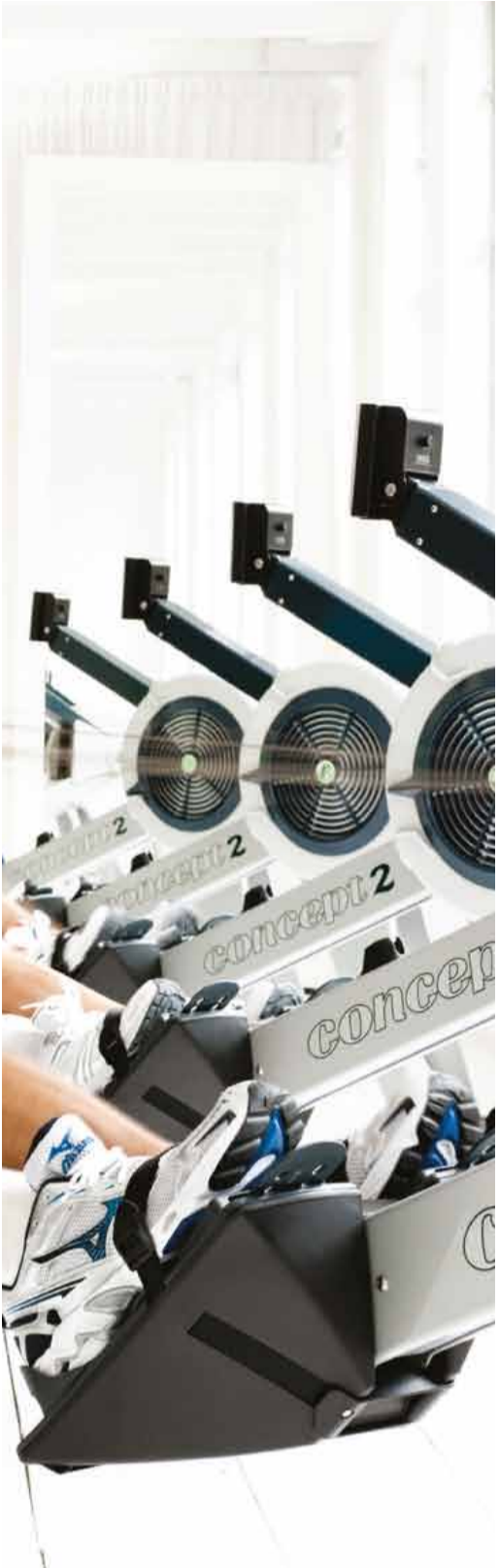
Entries close (11pm)
1ST OCTOBER 2012



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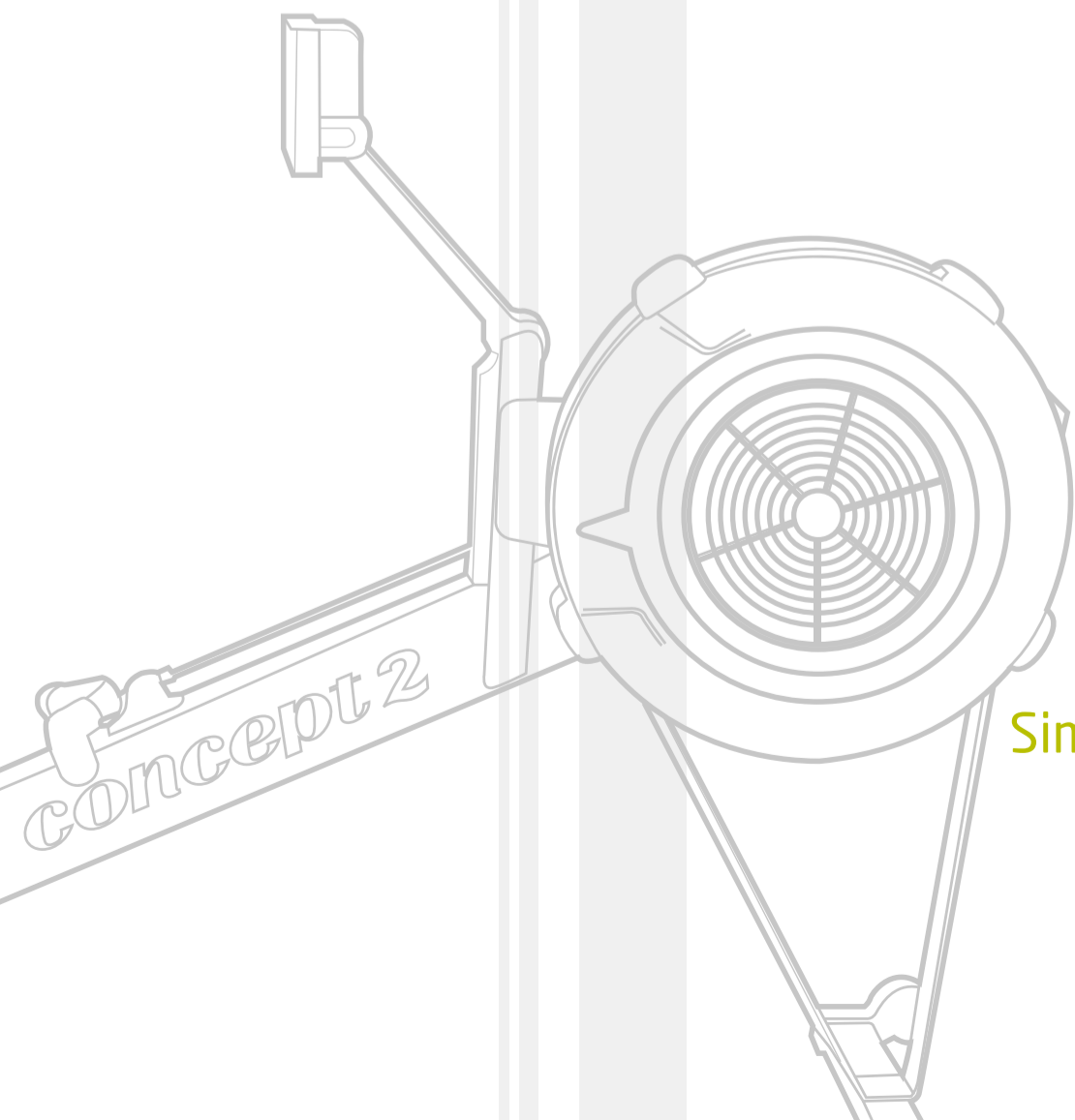
OCTOBER

One Mile (1,609m)

The Challenge Series is a league, ranking and monthly challenge all rolled into one, with the emphasis on participation rather than competition.

We're now into our 4th year of the Challenge Series with 46,966 miles rowed since it started in September 2008. The challenge for Round 2 is to row as mile as fast as you can. Enter you result and compare with everyone else at concept2.co.uk/challengeseries

Entries close (11pm)
1ST NOVEMBER 2012



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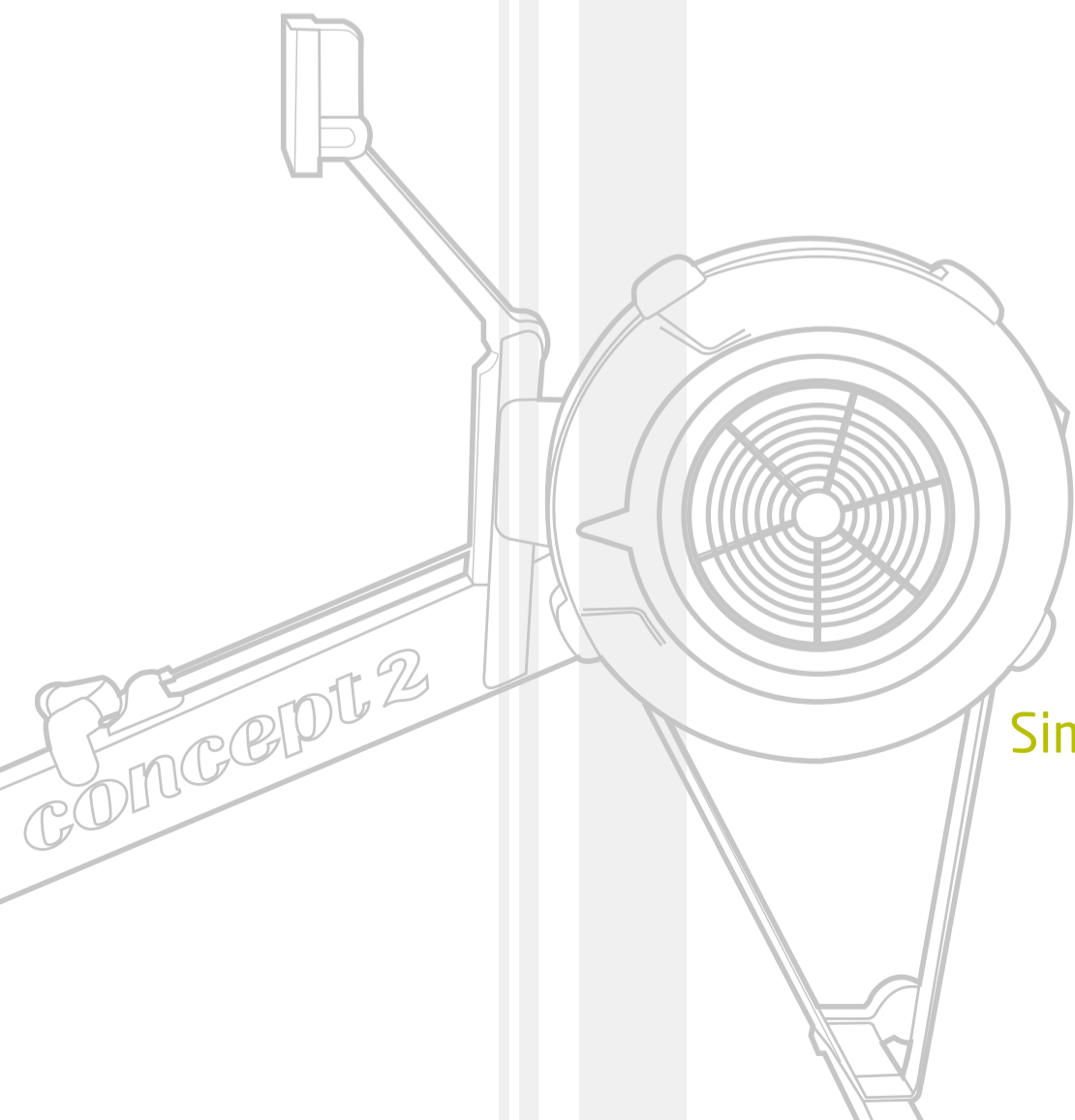


NOVEMBER

The Joe Simpson Challenge (6,344m)

We now have a round in the Challenge Series dedicated to Joe's ascent of the Suila Grande (6,344m) in Peru. You can read more about Joe on his website at www.touchingthevoid.co.uk

Entries close (11pm)
1ST DECEMBER 2012



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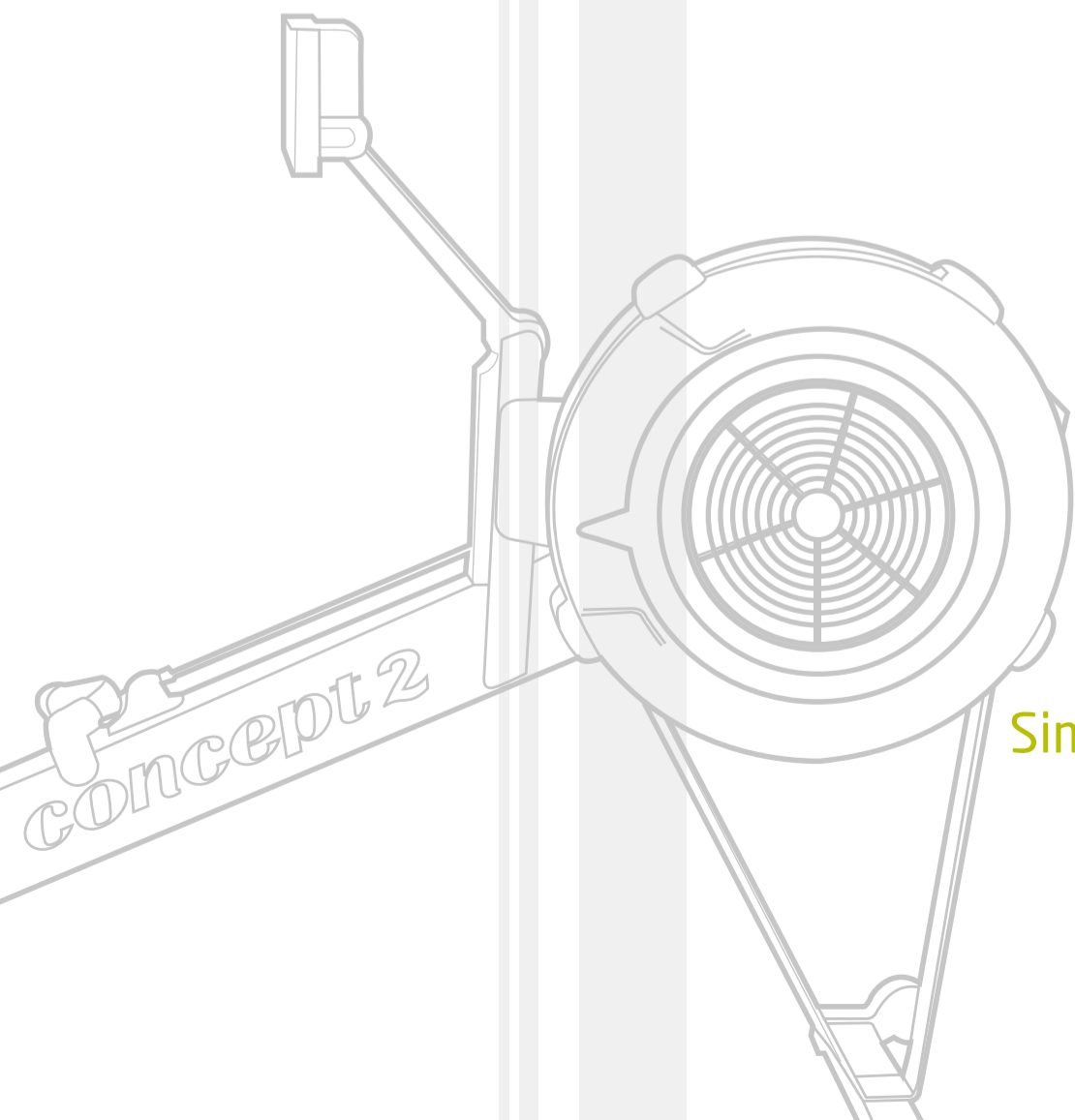


DECEMBER

Greg Searle Challenge (5,000m)

Re-named in honour of Olympic gold medallist and C2 blogger Greg Searle's commitment to training during the holidays. 5,000 metres will take somewhere from 16 to 30 minutes and is a fantastic test of mental and physical endurance not that dissimilar to a festive visit from the in-laws

Entries close (11pm)
1ST JANUARY 2013



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ROWING



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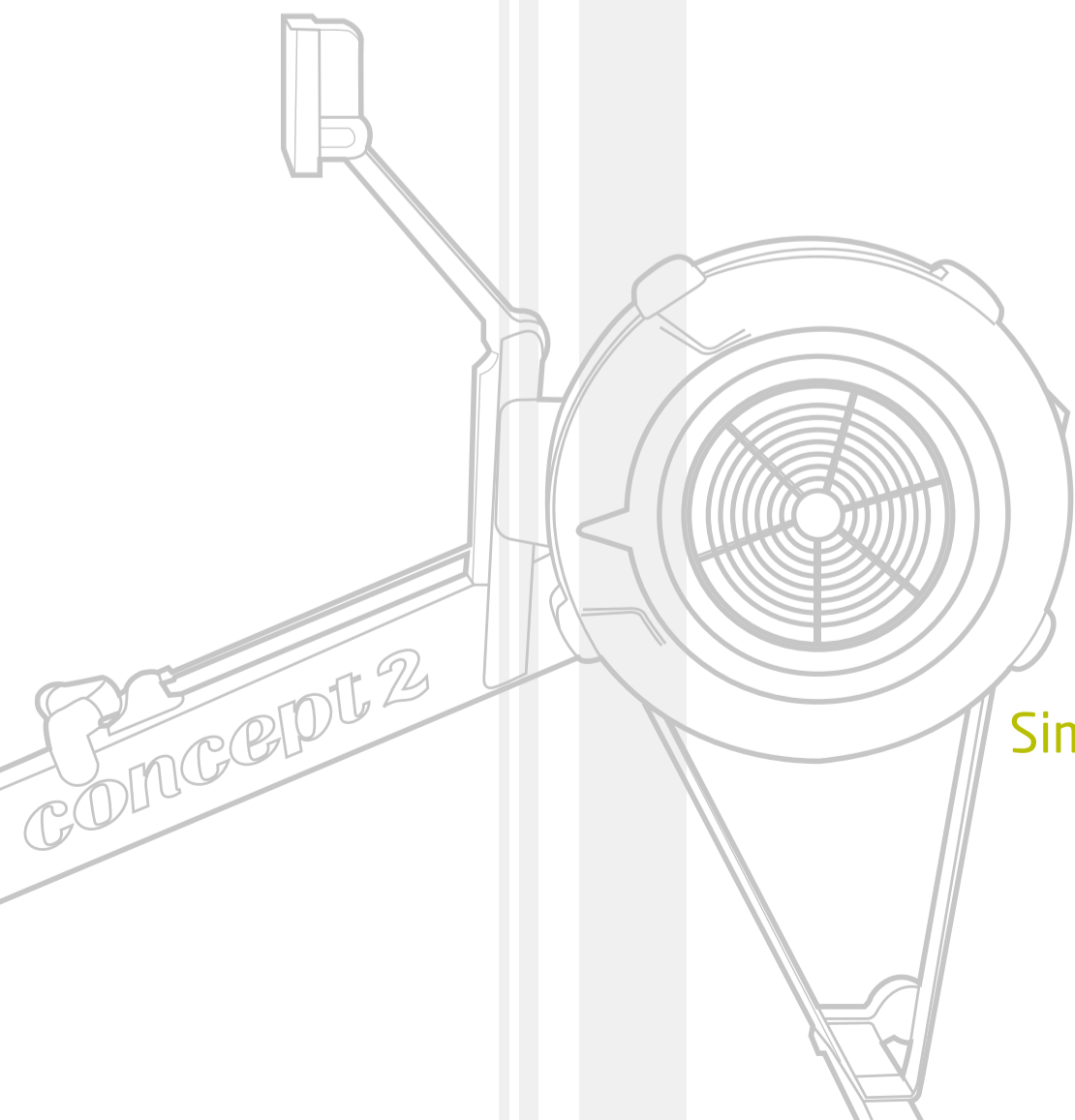


JANUARY

The Gut Buster (10,000m)

Overeaten during Christmas? This is the perfect New Year antidote. It will burn between 750 and 1250 calories or to put it another way between 3 and 5 mince pies!

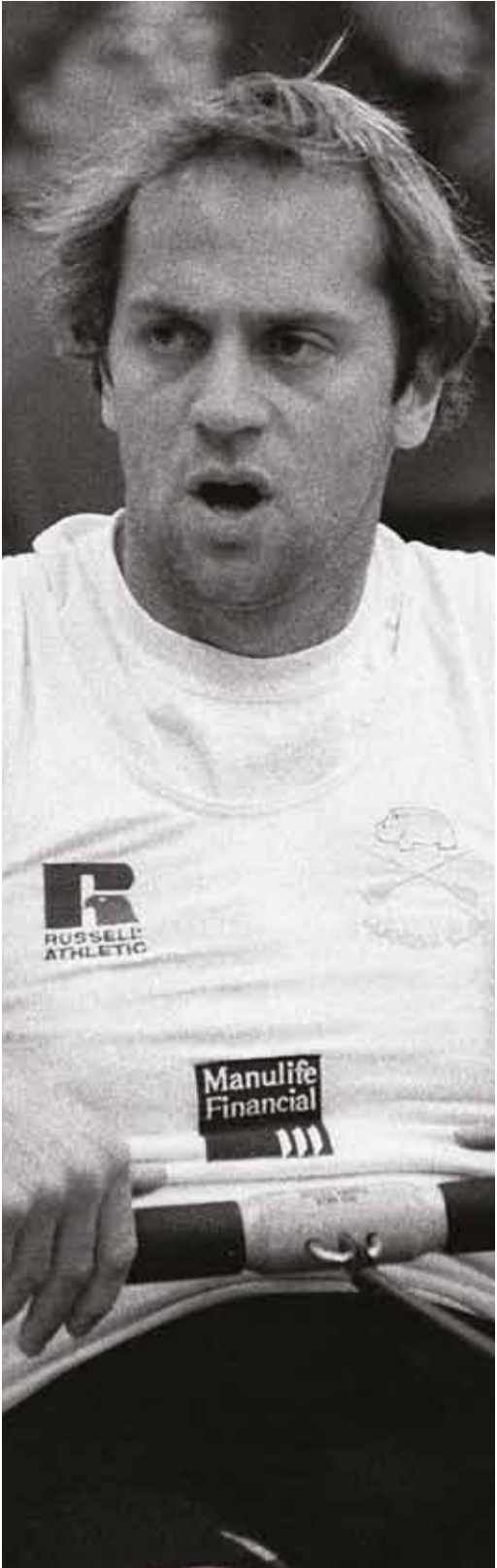
Entries close (11pm)
1ST FEBRUARY 2013



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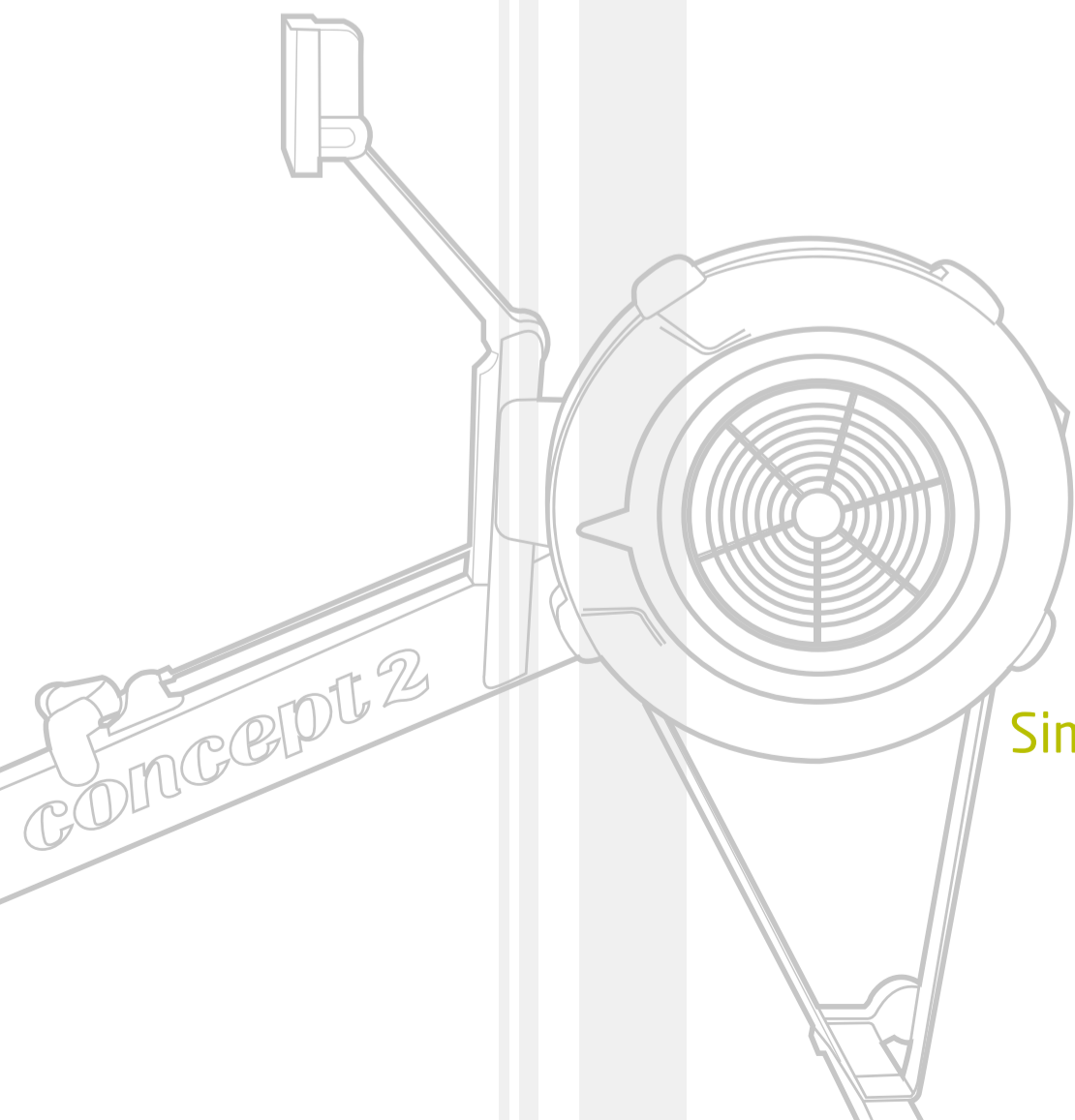


FEBRUARY

Classic Indoor Race Distance (2,500m)

2,500m was the distance rowed at all indoor rowing championships until 1995 when it switched to 2,000m. You can see the British and World Records for this distance on the C2 website at concept2.co.uk/records

Entries close (11pm)
1ST MARCH 2013



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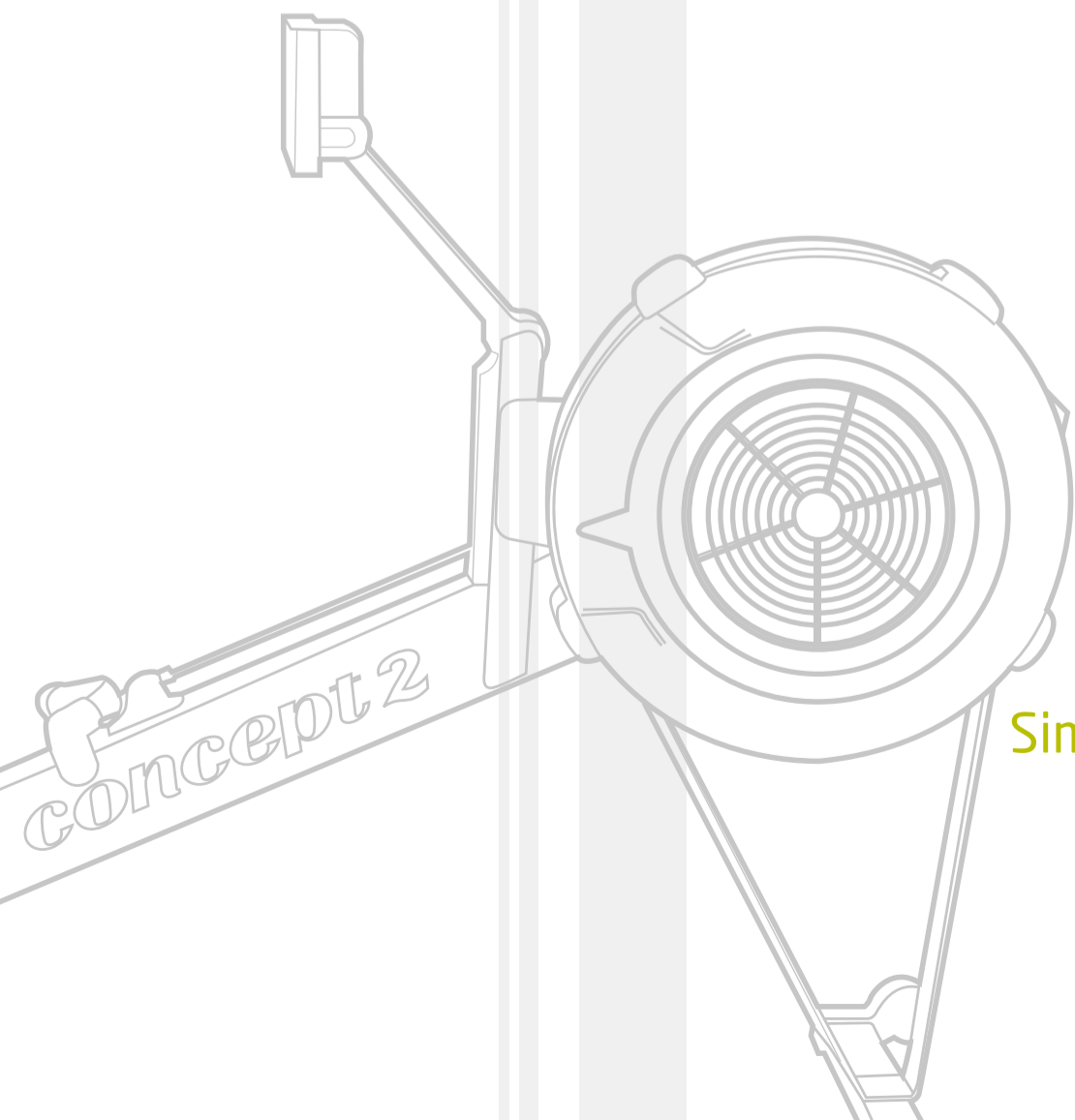
MARCH

Olympic Race Distance (2000m)

This is the standard race distance for most indoor competitions and the fastest time ever recorded was;

Rob Waddell
New Zealand
5:36.6

Entries close (11pm)
1ST APRIL 2013



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ROWING



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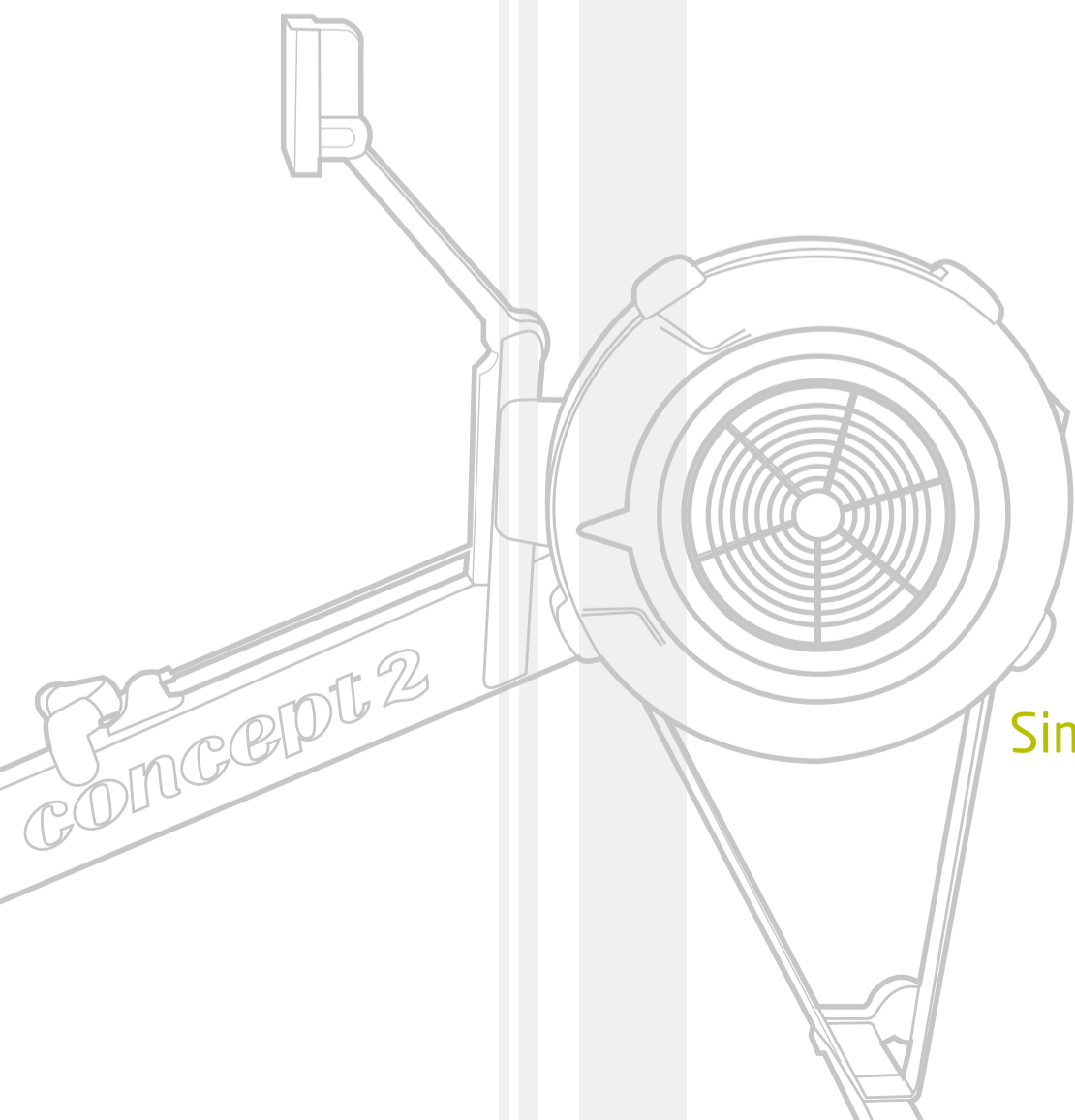


APRIL

Boat Race Record (16 mins, 19 secs)

Set your monitor for a single time workout of 16 minutes and 19 seconds the fastest finish time for the Boat Race (6,779m) set by Cambridge in 1998 and see how far you can go

Entries close (11pm)
1ST MAY 2013



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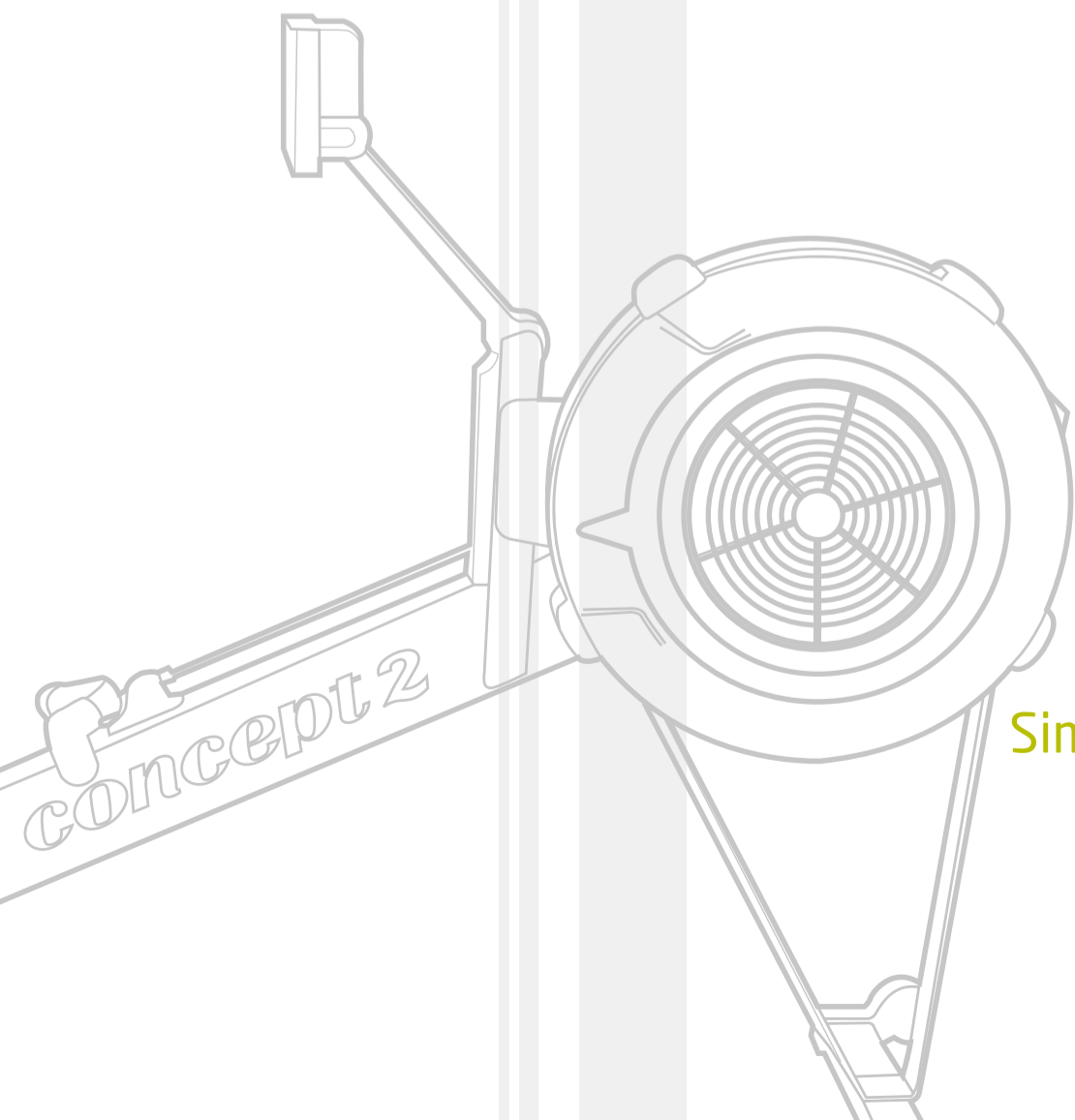


MAY

Sprint Finish (500m)

It's the last round of the Challenge Series and with the finish line in sight, it's time for a sprint finish. See how low you can get your split time

Entries close (11pm)
1ST APRIL 2013



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