

## **Dog Days Has Beens Workouts, Week 5 (2024)**

### **Monday, July 1**

#### ***Warm-up***

1. Side bends (15x)
2. Twists (15x)
3. Calf Stretch (10 seconds, each leg, 2x). Be sure to also reach down to your toes.
4. Side calf stretch (10 seconds, each leg, 2x)
5. Quad stretch (10 seconds, each leg)
6. Cross your legs and reach down (10 seconds, each leg)
7. Windmills (10x forward, 10x backward)
8. Large arm circles (10x forward, 10x backward)
9. Small arm circles (10x forward, 10x backward)

#### ***Exercises***

10. Forward lunges (11x)
11. Backward lunges (11x)
12. Side lunges (11x)
13. Jumping jacks (11x)
14. Volleyball jumps (11x)
15. Half squats (11x)
16. Crunches (11x)
17. Reverse crunches (11x)
18. Leg lifts (11x)
19. Bicycle (11x)
20. Spread 'ems (11x)
21. Bent-leg sit-ups (11x)
22. Dogs (11x)
23. KU track (11x)
24. Mountain climbs (11x)
25. Push-ups (5x standard, 5x wide, 5x narrow)

#### ***Run***

2 miles, hills

### **Tuesday, July 2**

#### ***Warm-up***

1. Lay on your back, put your hands over your head, and stretch (5x)
2. Hamstring stretch (10 seconds each leg, 2x)
3. Hurdler stretch (10 seconds each leg, 2x)
4. Bridges (5x)
5. Cat stretch (5x)
6. Calf Stretch (10 seconds each leg, 2x). Be sure to also reach down to your toes.

7. Reach between your legs (10 seconds), reach out right (10 seconds), then left (10 seconds). Finally, go out far right (10 seconds), then left (10 seconds)
8. Quad stretch (5 seconds, each leg)

### **Exercises**

9. 10x then 5x
  - a. Dogs
  - b. Donkey kicks
  - c. Push-ups
  - d. Mountain climbs
10. 5x then 5x
  - a. Crunches
  - b. Reverse crunches
  - c. Leg lifts
  - d. Bent-leg sit-ups
  - e. V-ups
11. 10x then 10x
  - a. Jumping Jacks
  - b. Toe touches
  - c. Side bends

### **Run**

2.25 miles, flat

### **Wednesday, July 3**

#### **Warm-up**

1. Calf stretch (10 seconds, each leg, 2x)
2. Quad stretch (10 seconds, each leg)
3. Windmills (10x forward, 10x backward)
4. Cross your legs and reach down (10 seconds, each leg)
5. Twists (10x)
6. Side bends (10x)

#### **Exercises**

7. Jumping jacks (8x)
8. Toe touches (8x)
9. Alternating toe touches (8x)
10. Volleyball jumps (8x)
11. Forward lunges (8x)
12. Side lunges (8x)
13. Backward lunges (8x)
14. Squats (8x)
15. Dogs (8x)
16. Donkey kicks (8x)

17. KU track (8x)
18. Mountain climbs (8x)
19. Crunches (8x)
20. Reverse crunches (8x)
21. Leg lifts (8x)
22. Scissors (8x)
23. Bicycles (8x)
24. Sit-ups (8x)
25. Burpees with one push-up (8x)

### ***Field Work***

Run (50 yards)  
Run backwards (50 yards)  
High knees (25 yards)  
Forward lunge (25 yards)  
Butt kicks (25 yards)  
Backward lunge (25 yards)  
Frankenstein walk (25 yards)  
Skip (25 yards)  
Side shuffle (50 yards, switch sides after 25)

### ***Run***

Run 1.5 miles, some elevation

### **Thursday, July 4**

Dog Days in Lawrence is always canceled on the Fourth of July, so enjoy your day off!

### **Saturday, July 6**

Do 5-10 minutes of stretches, plus 10x push-ups for Red Dog.

Fun Run - 3.5 miles, hills