

Dog Days Has Beens Workouts, Week 10 (2026)

It's the final week of Summer 2026 Dog Days!

Monday, August 3

Warm-up

1. Reach up (10x)
2. Side bends (10x)
3. Twists (10x)
4. Calf stretch (10 seconds, each leg)
5. Quad stretch (10 seconds, each leg)
6. Cross your legs and reach down (10 seconds, each leg)
7. Cat stretch (10x)
8. Laura exercise (10x)
9. Hurdler stretch (10 seconds, each leg)
10. Hamstring stretch (10 seconds, each leg)
11. Dead bug (10x)
12. Bridge (10x)

Exercises

13. Jumping jacks (20x)
14. Toe touches (20x)
15. Ice skaters (20x)
16. Push-ups (15x)
17. Dogs (20x)
18. Donkey kicks (20x)

Run

Timed mile: run the same route you did for the first timed mile and see how much you improved over the summer!

Tuesday, August 4

Warm-up

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

Exercises

10. 15x then 10x
 - a. Jumping jacks
 - b. Toe touches
 - c. Volleyball jumps
 - d. Squats
 - e. Alternating toe touches
11. 12x then 10x
 - a. Dogs
 - b. Mountain climbs
 - c. Donkey kicks
 - d. Push-ups
12. 12x then 12x
 - a. Crunches
 - b. Reverse crunches
 - c. Leg lifts
 - d. Scissors
 - e. Spread 'ems
13. V-ups (10x)

Run

2.75 miles, hills

Wednesday, August 5

Warm-up

1. Reach up (10x)
2. Cross your legs and reach down (10 seconds, each leg)
3. Calf Stretch (10 seconds, each leg)
4. Quad stretch (10 seconds, each leg)
5. Side bends (15x)
6. Twists (15x)
7. Big arm circles (10x forward, 10x backward)
8. Small arm circles (10x forward, 10x backward)

Exercises

9. Jumping jacks (25x)
10. Toe touches (25x)
11. Volleyball jumps (25x)
12. Squats (25x)
13. Mountain climbs (25x)
14. Dogs (25x)
15. Donkey kicks (25x)
16. KU track (25x)
17. Leg lifts (25x)
18. V-ups (10x)

19. Burpees with one push-up (10x)

Field Work

20. Forward lunges (25 yards)
21. Backward lunges (25 yards)
22. Skip (50 yards)
23. Side shuffle (50 yards, switch sides after 25)
24. Sprint (50 yards)
25. High knees (25 yards)
26. Run backward (25 yards)
27. Sprint (50 yards)

Run

Run 2.5 miles, flat

Thursday, August 6

T-Shirt Day: A light workout

Warm-up

1. Quad stretch (10 seconds, each leg)
2. Calf stretch (10 seconds, each leg)
3. Reach up (5x)
4. Little circles (10x forward, 10x backward)
5. Big circles (10x forward, 10x backward)
6. Hamstring stretch (10 seconds, each leg)
7. Hurdler stretch (10 seconds, each leg)
8. Dead bug (10x)

Exercises

1. Jumping jacks (10x)
2. Volleyball jumps (10x)
3. Toe touches (10x)
4. Squats (10x)
5. Dogs (10x)
6. Donkey kicks (10x)
7. KU track (10x)
8. Crunches (10x)
9. Reverse crunches (10x)
10. Push-ups (10x)

Run

About a mile (for Red Dog)

Celebrate your successful completion of Dog Days 2026!