

Dog Days Has Beens Workouts, Week 3 (2026)

Congrats on finishing the first two weeks of the summer program! Thanks to all of you who have sent in your workouts. Please remember to record your workouts and send them to Erik (herron.erik@gmail.com) if you haven't done so already. We need to share our participation records with Bev.

Additionally, if you have any feedback for workouts or remember any calisthenics from in-person Dog Days that we have not included yet, feel free to let us know.

Monday, June 15

Warm-up

1. Windmills forward and backward (10x)
2. Twist (10x)
3. Side bends (10x)
4. Cross your legs and reach down (10 seconds, each leg)
5. Reach up (5x)
6. Calf stretch (10 seconds, each leg)
7. Quad stretch (5 seconds, each leg)
8. Reach between your legs (5 seconds)
9. Reach down to your left (5 seconds)
10. Reach down to your right (5 seconds)

Exercises

11. Jumping jacks (11x)
12. Toe touches (11x)
13. Alternating toe touches (11x)
14. Speed skaters (11x)
15. Bridges (11x)
16. Crunches (11x)
17. Reverse crunches (11x)
18. Leg lifts (11x)
19. Spread 'ems (11x)
20. Straight-leg sit-ups (11x)
21. V-ups (5x)
22. Push ups (5x)

Run

Run 2 miles flat, or 1.5 miles if you ran on Saturday.

Tuesday, June 16

Warm-up

1. Reach up (5x)
2. Cross your legs and reach down (10 seconds, each leg)
3. Calf stretch (10 seconds, each leg)

4. Side calf stretch (10 seconds, each leg)
5. Quad stretch (5 seconds, each leg)
6. Side bends (10x)
7. Laura exercise (5x)
8. Cat stretch (5x)
9. Pretzel (10 seconds, each leg)

Exercises

10. Circuit 1: 5x then 5x
 - a. Jumping jacks
 - b. Toe touches
 - c. Volleyball jumps
11. Circuit 2: 5x then 10x
 - a. Forward lunges
 - b. Squats
 - c. Speed skaters
12. Circuit 3: 10x then 10x
 - a. Dogs
 - b. Donkey kicks
 - c. KU Track
13. Burpees with one push-up each (10x)

Run

Today is the 101 steps. This is a campus run that includes the steps near the Prairie Acre. You should run a total of 1.75 miles, but include hills or stairs equivalent to 101 steps.

Wednesday, June 17

Warm-up

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

Exercises

11. Jumping jacks (8x)
12. Volleyball jumps (8x)
13. Alternating toe touches (8x)
14. Toe touches (8x)

15. Leg lifts (8x)
16. Side leg lifts (8x)
17. Scissors (8x)
18. Bicycle kicks (8x)
19. Bent-leg sit-ups (8x)
20. Dogs (8x)
21. Mountain climbs (8x)
22. KU Track (8x)
23. Burpees without push-ups (8x)

Field Work

Skip (25 yards)

Run (25 yards)

Forward lunge (25 yards)

Side lunge (25 yards, alternate every time)

Run backwards (50 yards)

Side shuffle (50 yards, switch sides halfway)

Run

Run 1.5 miles, flat. Try to run fast every other minute.

Thursday, June 18

Warm-up

1. Calf stretch (10 seconds, each leg)
2. Quad stretch (5 seconds, each leg)
3. Cat stretch (5x)
4. Laura exercise (5x)
5. Hamstring stretch (10 seconds, each leg)
6. Bridge (5x)
7. Lay on your back, put your hands over your head, and stretch (5x)
8. Pretzel (10 seconds, each leg)

Exercises

9. Jumping jacks (10x)
10. Toe touches (10x)
11. Volleyball jumps (10x)
12. Squats (10x)
13. Reverse lunges (10x)
14. Dogs (10x)
15. Donkey kicks (10x)
16. KU track (10x)
17. Mountain climbs (10x)
18. Push-ups (10x)
19. Straight-leg sit-ups (10x)

20. Crunches (10x)
21. Reverse crunches (10x)
22. Bicycles (10x)
23. V-ups (5x)

Run

1.75 miles, hills

Saturday, June 20

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

Fun Run - 2.75 miles, flat