

Dog Days Has-Beens Workouts, Week 4 (2026)

Monday, June 22

Warm-up

1. Calf stretch (10 seconds, each leg)
2. Quad stretch (10 seconds, each leg)
3. Cross your legs and reach down (10 seconds, each leg)
4. Windmills forward and backward (10x)
5. Twist (10x)
6. Stretch to the right, stretch to the left, and reach between your legs (5 seconds each, 2x)
7. Speed skaters (10x)
8. Pretzel stretch (10 seconds, each leg)
9. Bridges (5x)
10. Hurdler stretch (10 seconds, each leg)
11. Cat stretch (10x)

Exercises

12. Mountain climbs (15x)
13. Dogs (15x)
14. Donkey kicks (15x)
15. KU track (15x)
16. Crunches (15x)
17. Reverse crunches (15x)
18. Straight-leg sit-ups (15x)
19. Scissors (10x)
20. Leg lifts (10x)
21. Side leg lifts (10x, each leg)
22. Windshield wipers (10x)
23. V-ups (5x)

Run

Run 2 miles, flat, or 1.75 miles if you ran on Saturday.

Tuesday, June 23

Warm-up

1. Calf stretch (10 seconds, each leg)
2. Side calf stretch (10 seconds, each leg)
3. Quad stretch (5 seconds, each leg)
4. Little arm circles (10x forward, 10x backward)
5. Big arm circles (10x forward, 10x backward)
6. Reach up (5x)
7. Side bends (10x)
8. Lean forward and backward (5x)
9. Windmills forward and backward (10x)

Exercises

10. 5x then 10x
 - a. Jumping jacks
 - b. Toe touches
 - c. Half squats
11. 5x then 10x
 - a. Crunches
 - b. Reverse crunches
 - c. Leg lifts
 - d. Bent-leg sit-ups
12. 5x then 5x
 - a. Dogs
 - b. Donkey kicks
 - c. Mountain climbs
13. Burpees with one push-up each (10x)

Run

Today is the famous Campanile Hill repeats. Find a hilly area and run up the equivalent of 5 flights of stairs 3x. If you can safely do so, run the last one up backwards. Also, run one mile flat.

Wednesday, June 24

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. Windmills (10x forward)
5. Lay on your back, put your hands over your head, and stretch (5x)
6. Hamstring stretch (10 seconds, each leg)
7. Bridges (5x)
8. Dead bug (5x)

Exercises

9. Jumping jacks (10x)
10. Toe touches (10x)
11. Alternating toe touches (10x)
12. Twists (10x)
13. Side bends (10x)
14. Speed skaters (10x)
15. Frog hops (5x)
16. Planks (15 seconds, 2x)
17. Normal push-ups (5x)
18. Wide push-ups (5x)

19. Narrow push-ups (5x)
20. Burpees without push-ups (10x)

Field Work

21. High knees (25 yards)
22. Frankenstein walk (25 yards)
23. Forward lunge (25 yards)
24. Backward lunge (10 yards)
25. Hop (15 yards)
26. Side shuffle (50 yards, switch sides after 25)
27. Run backwards (25 yards)
28. Skip (25 yards)

Run

Run 1 mile. Additionally, do two sets of bleachers (6-8 flights of steps each) or equivalent elevation.

Thursday, June 25

Warm-up

1. Calf Stretch (10 seconds, each leg)
2. Side calf stretch (10 seconds, each leg)
3. Quad stretch (10 seconds, each leg)
4. Cross your legs and reach down (10 seconds, each leg)
5. Side bends (10x)
6. Hamstring stretch (5 seconds, each leg)
7. Pretzel (10 seconds, each side)
8. Hurdler stretch (10 seconds, each leg)

Exercises

9. Jumping jacks (12x)
10. Alternating toe touches (12x)
11. Volleyball jumps (12x)
12. Forward lunges (12x)
13. Backward lunges (12x)
14. Side lunges (12x)
15. Crunches (12x)
16. Reverse crunches (12x)
17. Leg lifts (12x)
18. Spread 'ems (12x)
19. Bicycles (12x)
20. Bent-leg sit-ups (12x)
21. Dogs (12x)
22. Donkey kicks (12x)
23. KU track (12x)

- 24. Mountain climbs (12x)
- 25. Push-ups (12x)

Run

2 miles, hills

Saturday, June 27

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

Fun Run - 3.25 miles, flat