

Dog Days Has Beens Workouts, Week 6 (2026)

Monday, July 6

Warm-up

1. Reach up (5x)
2. Cross your legs and reach down (10 seconds, each leg)
3. Spread your legs out, then reach to your right leg then to your left (10 seconds, each side, 2x)
4. Side bends (10x)
5. Calf stretch (10 seconds, each leg)
6. Quad stretch (5 seconds, each leg, 2x)
7. Hurdler stretch (10 seconds, each leg)
8. Pretzel (10 seconds, each leg)
9. Dead bug (5x)
10. Hamstring stretch (10 seconds, each leg)

Exercises

11. 6x then 8x
 - a. Jumping jacks
 - b. Toe touches
 - c. Squats
 - d. Forward lunges
12. 6x then 8x
 - a. Crunches
 - b. Reverse crunches
 - c. Leg lifts
 - d. Side leg lifts
 - e. Straight-leg sit-ups
 - f. Spread 'ems
13. 8x burpees with one push-up each

Run

2.25 miles, hills (1.75 miles, flat if you did Saturday's run)

Tuesday, July 7

Warm-up

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

Exercises

9. Jumping jacks (9x)
10. Toe touches (9x)
11. Volleyball jumps (9x)
12. Alternating toe touches (9x)
13. Twists (9x)
14. Speed skaters (9x)
15. Side bends (9x)
16. Squats (9x)
17. Burpees with no push-ups (9x)
18. Dogs (9x)
19. Donkey kicks (9x)
20. KU track (9x)
21. Mountain climbs (9x)
22. Push-ups (6 standard, 6 wide, 6 narrow)
23. Plank (25 seconds, 2x)

Run

2 miles, hills

Wednesday, July 8**Warm-up**

1. Calf Stretch (10 seconds each leg, 2x).
2. Quad stretch (5 seconds, each leg, 2x)
3. Cross your legs and reach down (10 seconds, each leg)
4. Cat stretch (5x)
5. Laura exercise (5x)
6. Hamstring stretch (10 seconds each leg, 2x)
7. Hurdler stretch (10 seconds each leg, 2x)

Exercises

8. 5x then 10x
 - a. Jumping jacks
 - b. Toe touches
 - c. Half squats
 - d. Burpees with no push-ups
9. 10x then 10x
 - a. Crunches
 - b. Reverse crunches
 - c. Bent-leg sit-ups
 - d. Leg lifts
10. 5x V-ups

Field Work

11. Run 10 yards, do 1 push-up; 10 more yards, do 2 pushups; 10 more yards, do 3 push-ups, 10 more yards, do 4 push-ups; 10 more yards, do 5 push ups.
12. Forward lunge (25 yards)
13. Jog (25 yards)
14. Skip (50 yards)
15. Side shuffle (50 yards, switch sides after 25)

Run

Run 1.75 miles, plus three sets of bleachers (or elevation equivalent)

Thursday, July 9**Warm-up**

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

Exercises

9. Jumping jacks (11x)
10. Toe touches (11x)
11. Volleyball jumps (11x)
12. Forward lunges (11x)
13. Side lunges (11x)
14. Backward lunges (11x)
15. Crunches (11x)
16. Reverse crunches (11x)
17. Leg lifts (11x)
18. Straight-leg sit-ups (11x)
19. Circuit
 - a. Run in place (10 seconds)
 - b. Push-ups (10 seconds)
 - c. Run in place (10 seconds)
 - d. High knees (10 seconds)
 - e. Run in place (10 seconds)
 - f. Butt kicks (10 seconds)
 - g. Run in place (10 seconds)
 - h. Half squats (10 seconds)
 - i. Run in place (10 seconds)

Run

2.5 miles, hills

Saturday, July 11

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

Fun Run - 3.75 miles, some elevation