

Dog Days Has-Beens Workouts, Week 7 (2026)

Monday, July 13

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. Little arm circles (10x forward, 10x backward)
5. Big arm circles (10x forward, 10x backward)
6. Windmills (10x forward, 10x backward)
7. Side bends (10x)
8. Twists (10x)
9. Calf stretch (10 seconds, each leg)
10. Quad stretch (5 seconds, each leg, 2x)

Exercises

11. Jumping jacks (15x)
12. Toe touches (15x)
13. Squats (15x)
14. Burpees without push-ups (15x)
15. Dogs (15x)
16. KU Track (15x)
17. Plank (20 seconds, 2x)
18. V-Ups (5x)
19. Crunches (10x)
20. Reverse crunches (10x)
21. Leg lifts (10x)
22. Side leg lifts (10x)
23. Spread 'ems (10x)
24. V-Ups (5x)

Run

2.5 miles, flat, or 2 miles if you ran on Saturday

Tuesday, July 14

Warm-up

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

Exercises

1. Side bends (12x)
2. Jumping jacks (12x)
3. Toe touches (12x)
4. Half squats (12x)

Run

Today is the day: it's time for the Zipper/Snake/Hills! This is the run that defines the Dog Days experience.

2.5 miles with lots of hills: Each hill should rise around 75 feet (or around 7.5 stories); go up and down four times.

Wednesday, July 15**Warm-up**

1. Reach up (5x)
2. Windmills (10x forward, 10x backward)
3. Little arm circles (10x forward, 10x backward)
4. Big arm circles (10x forward, 10x backward)
5. Calf Stretch (10 seconds, each leg)
6. Quad stretch (5 seconds, each leg)
7. Spread your legs out, then reach to your right leg then to your left (10 seconds each side, 2x)
8. Twists (10x)

Exercises

1. Jumping jacks (9x)
2. Toe touches (9x)
3. Volleyball jumps (9x)
4. Speed skaters (9x)
5. Half squats (9x)
6. Forward lunges (9x)
7. Backward lunges (9x)
8. Donkey kicks (9x)
9. Dogs (9x)
10. Mountain climbs (9x)
11. Push-ups (9x)
12. Plank (30 seconds)

Field Work

1. High knees (25 yards)
2. Run (25 yards)
3. Side shuffle (50 yards, switch sides after 25)
4. Skip (25 yards)
5. Hop (10 yards)
6. Frankenstein walk (15 yards)
7. Run backward (25 yards)

8. Butt kicks (25 yards)

Run

Run 2 miles, flat, 1.5 if you did the Hills yesterday.

Thursday, July 16

Warm-up

1. Spread your legs out, then reach to your right leg then to your left (10 seconds each side, 2x)
2. Side bends (10x)
3. Calf stretch (10 seconds, each leg)
4. Quad stretch (5 seconds, each leg)
5. Cross your legs and reach down (10 seconds, each leg, 2x)
6. Hamstring stretch (10 seconds, each leg)
7. While still laying on the ground, put your hands above your head and stretch (5x)
8. Hurdler stretch (10 seconds, each leg)
9. Pretzel (10 seconds, each leg)

Exercises

1. 10x then 10x
 - a. Jumping jacks
 - b. Volleyball jumps
 - c. Toe touches
 - d. Squats
2. Burpees with 1 push-up each (10x)
3. 10x then 5x
 - a. Crunches
 - b. Reverse crunches
 - c. Bent-leg sit-ups
 - d. Leg lifts
4. Plank (30 seconds)
5. 5x then 10x
 - a. KU track
 - b. Mountain climbs
 - c. Dogs
 - d. Donkey kicks

Run

3 miles, flat

Saturday, July 18

Stretch for 5-10 minutes, then do 10 push-ups for Red Dog.

Fun Run - 3.75 miles, hills

Try to do this as a Fartlek Run (<https://www.runnersworld.com/training/a34824872/fartlek-run/>)