

Dog Days Has Beens Workouts, Week 10 (2025)

It's the final week of Summer 2025 Dog Days!

Monday, August 4

Warm-up

1. Reach up (5x)
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. Bridge (10x)

Exercises

1. Jumping jacks (18x)
2. Toe touches (18x)
3. Ice skaters (18x)
4. Push-ups (10x)
5. Dogs (18x)
6. Donkey kicks (18x)

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 5

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

1. 11x then 11x
 - a. Jumping jacks

- b. Toe touches
 - c. Volleyball jumps
 - d. Squats
 - e. Alternating toe touches
2. 12x then 12x
 - a. Dogs
 - b. Mountain climbs
 - c. Donkey kicks
 - d. Push-ups
3. 13x then 13x
 - a. Crunches
 - b. Reverse crunches
 - c. Leg lifts
 - d. Scissors
 - e. Spread 'ems
4. V-ups (10x)

Run

2.75 miles, hills

Wednesday, August 6

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. Reach between your legs (10 seconds), reach to the right foot then to the left foot (10 seconds each side, 2x)
8. Big arm circles (10x forward, 10x backward)
9. Small arm circles (10x forward, 10x backward)

Exercises

1. Jumping jacks (25x)
2. Toe touches (25x)
3. Volleyball jumps (25x)
4. Squats (25x)
5. Mountain climbs (25x)
6. Dogs (25x)
7. Donkey kicks (25x)
8. KU track (25x)
9. Leg lifts (25x)
10. V-ups (10x)

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

Field Work

1. Forward lunges (25 yards)
2. Backward lunges (25 yards)
3. Skip (50 yards)
4. Side shuffle (50 yards, switch sides after 25)
5. Sprint (50 yards)
6. High knees (25 yards)
7. Run backward (25 yards)
8. Sprint (50 yards)

Run

Run 2.5 miles, flat

Thursday, August 7

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. Bridges (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 2025!