

Dog Days Has Beens Workouts, Week 2 (2025)

We hope that you had a great first week! Please remember to record your workouts and send them to Erik after the fun run at the end of this week (herron.erik@gmail.com).

Monday, June 9

Warm-up

1. Cross your legs, reach down, and touch your toes (5 seconds, each leg)
2. Calf stretch (10 seconds, each leg)
3. Side calf stretch (10 seconds, each leg)
4. Quad stretch (5 seconds, each leg)
5. Little arm circles (10x forward, 10x backward)
6. Big arm circles (10x forward, 10x backward)
7. Hamstring (10 seconds, each leg)
8. Lay on your back and stretch your arms and legs out (5x)

Exercises

1. Jumping Jacks (10x)
2. Toe Touches (10x)
3. Side Bends (10x)
4. Twists (10x)

Run

This is the first timed mile of the summer. A second one will occur in the final week so you can compare times and see how you have improved over the summer. So, this week, choose a one-mile path that you will repeat later. Don't worry about your current pace. The key is to improve later this summer!

Tuesday, June 10

Warm-up

1. Calf stretch (10 seconds, both legs)
2. Cross your legs, reach down, and touch your toes (5 seconds, both legs)
3. Little arm circles (10x forward, 10x backward)
4. Big arm circles (10x forward, 10x backward)
5. Quad stretch (5 seconds, both legs)
6. Laura exercise (5x)

- a. Get on your hands and knees, extend your left leg and right arm, hold it, then switch. It's also known as a four-point kneeling alternate arm and leg extension exercise.
7. Cat stretch (5x)
8. Pretzel (5 seconds, both legs)

Exercises

1. Jumping Jacks (12x)
2. Volleyball jumps (12x)
3. Toe Touches (12x)
4. Ice skaters (6x)
5. Forward lunges (6x)
6. Backward lunges (6x)
7. Side lunges (6x)
8. Squats (12x)
9. Dogs (12x)
10. Donkey Kicks (12x)
11. KU Track (12x)
12. Plank (12 seconds)

Run

1.5 miles, hills

Note: we understand that you may not live in an area with many hills. If there's no obvious route with hills in your area, feel free to run slightly farther or include a couple of flights of stairs.

Wednesday, June 11

Warm-up

1. Calf stretch (10 seconds, both legs)
2. Cross your legs, reach down, and touch your toes (5 seconds, both legs)
3. Windmills (10x forward, 10x backward)
4. Quad stretch (5 seconds, both legs)
5. Little circles (10x forward)
6. Big circles (10x forward)
7. Cat stretch (5x)
8. Bridge (5x)

Exercises

1. Jumping Jacks (15x)
2. Twists (10x)
3. Alternating toe touches (10x)
4. Side bends (10x)
5. Forward lunges (5x)
6. Backward lunges (5x)
7. Push-ups (10x)
8. Crunches (10x)
9. Reverse Crunches (10x)
10. Sit-ups (10x)
11. Spread 'ems (10x)
 - a. Lay flat on your back with your feet about six inches off the ground. Start with your feet touching, move your legs as far apart as possible, then move them back together.
12. Burpees without push-ups (5x)

Field Work

- Run backwards (25 yards)
- Skip (25 yards)
- Side shuffle (50 yards, switch sides after 25 yards)
- Run (25 yards)
- Skip (25 yards)
- Hop (25 yards)
- Frankenstein walk (25 yards)

Run

Run 1.25 mile, flat

Thursday, June 12

Warm-up

1. Calf stretch (10 seconds, both legs)
2. Cross your feet, reach down, and touch your toes (5 seconds, both legs)
3. Quad stretch (5 seconds, both legs)
4. Windmills (10x forward, 10x backward)
5. Reach up (5x)

6. Pretzel (10 seconds)
7. Windshield wipers (5x)
 - a. Put your legs straight up in the air like a leg lift, then move both legs to your left, then to your right.

Exercises

1. Circuit 1: 5x then 5x
 - a. Jumping jacks
 - b. Forward lunges
 - c. Half squats
2. Circuit 2: 5x then 10x
 - a. Crunches
 - b. Reverse crunches
 - c. Sit-ups
 - d. Dogs
 - e. Donkey kicks
3. Push-ups (5x)
4. To be completed in quick succession:
 - a. Run in place (15 seconds)
 - b. High knees (15 seconds)
 - c. Run in place (15 seconds)
 - d. Butt kicks (15 seconds)
 - e. Half squats (15 seconds)
 - f. Run in place (15 seconds)

Run

1.75 miles, some hills

Saturday, June 14

Warm up/stretch for 5-10 minutes.

Fun Run - 2.25 miles with some elevation. A standard Dog Days Fun Run is a loop from the Lied Center through campus. Imagine this week that you're back in Lawrence running down Jayhawk Boulevard!