

Dog Days Has Beens Workouts, Week 3 (2025)

Congrats on finishing the first two weeks of the summer program! Please remember to record your workouts and send them to Erik (herron.erik@gmail.com). We need to share our participation records with Bev.

Additionally, if you have any feedback for workouts or remember any calisthenics from in-person Dog Days that we have not included yet, feel free to let us know.

Monday, June 16

Warm-up

1. Windmills forward and backward (10x)
2. Twist (10x)
3. Side bends (10x)
4. Calf stretch (10 seconds, each leg)
5. Quad stretch (5 seconds, each leg)
6. Reach between your legs (5 seconds)
7. Reach down to your left (5 seconds)
8. Reach down to your right (5 seconds)

Exercises

1. Jumping jacks (11x)
2. Toe touches (11x)
3. Alternating toe touches (11x)
4. Speed skaters (11x)
5. Bridges (11x)
6. Crunches (11x)
7. Reverse crunches (11x)
8. Leg lifts (11x)
9. Spread 'ems (11x)
10. Bent-leg sit-ups (11x)
11. V-ups (5x)
12. Push-ups (5x)

Run

Run 2 miles flat, or 1.5 miles if you ran on Saturday.

Tuesday, June 17

Warm-up

1. Reach up (5x)
2. Reach down (5x)
3. Calf stretch (10 seconds, each leg)
4. Side calf stretch (10 seconds, each leg)
5. Quad stretch (5 seconds, each leg)
6. Side bends (10x)
7. Laura exercise (5x)
 - a. Get on your hands and knees, extend your left leg and right arm, and switch.
8. Pretzel (10 seconds, each leg)

Exercises

1. Circuit 1: 5x then 5x
 - a. Jumping jacks
 - b. Toe touches
 - c. Speed skaters
2. Circuit 2: 5x then 10x
 - a. Forward lunges
 - b. Squats
 - c. Volleyball jumps
3. Circuit 3: 10x then 10x
 - a. Dogs
 - b. Donkey kicks
 - c. Mountain climbs
4. Burpees with one push-up each (10x)

Run

Today is the 101 steps. This is a campus run that includes the steps near the Prairie Acre. You should run a total of 1.75 miles, but include hills or stairs equivalent to 101 steps.

Wednesday, June 18

Warm-up

1. Calf stretch (10 seconds, each leg)
2. Quad stretch (5 seconds, each leg)
3. Reach down (5x)
4. Little arm circles (10x forward, 10x backward)
5. Big arm circles (10x forward, 10x backward)
6. Speed skaters (10x)

7. Twists (10x)
8. Side bends (10x)

Exercises

1. Jumping Jacks (8x)
2. Volleyball jumps (8x)
3. Alternating toe touches (8x)
4. Forward Lunges (8x)
5. Backward Lunges (8x)
6. Side Lunges (8x)
7. Leg lifts (8x)
8. Side leg lifts (8x)
9. Scissors (8x)
10. Bent-leg sit-ups (8x)
11. Dogs (8x)
12. KU Track (8x)
13. Burpees without push-ups (8x)

Field Work

- Skip (25 yards)
- Run (25 yards)
- Forward lunge (25 yards)
- Side lunge (25 yards, alternate every time)
- Run backwards (50 yards)
- Side shuffle (50 yards, switch sides halfway)

Run

Run 1.5 miles, flat

Thursday, June 19

Warm-up

1. Calf stretch (10 seconds, each leg)
2. Quad stretch (5 seconds, each leg)
3. Cat stretch (5x)
4. Laura exercise (5x)
5. Hamstring stretch (10 seconds, each leg)

6. Lay on your back, put your hands over your head, and stretch (5x)
7. Pretzel (10 seconds, each leg)

Exercises

1. Jumping jacks (10x)
2. Toe touches (10x)
3. Volleyball jumps (10x)
4. Squats (10x)
5. Dogs (10x)
6. Donkey kicks (10x)
7. KU track (10x)
8. Mountain climbs (10x)
9. Push-ups (10x)
10. Straight-leg sit-ups (10x)
11. Crunches (10x)
12. Reverse crunches (10x)
13. Bicycles (10x)
14. V-ups (5x)

Run

1.75 miles, hills

Saturday, June 21

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

Fun Run - 2.75 miles, flat