

## **Dog Days Has Beens Workouts, Week 6 (2025)**

### **Monday, July 7**

#### ***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. Cat stretch (5x)
10. Laura exercise (5x)

#### ***Exercises***

1. 6x then 8x
  - a. Jumping jacks
  - b. Toe touches
  - c. Squats
  - d. Ice skaters
2. 6x then 8x
  - a. Crunches
  - b. Reverse crunches
  - c. Leg lifts
  - d. Side leg lifts
  - e. Straight-leg sit-ups
  - f. Spread 'ems
3. 8x burpees with one push-up

#### ***Run***

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

### **Tuesday, July 8**

#### ***Warm-up***

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

9. Hamstring stretch (10 seconds, each leg)

### **Exercises**

1. Jumping jacks (9x)
2. Toe touches (9x)
3. Alternating toe touches (9x)
4. Volleyball jumps (9x)
5. Speed skaters (9x)
6. Twists (9x)
7. Side bends (9x)
8. Squats (9x)
9. Burpees with no push-ups (9x)
10. Dogs (9x)
11. Donkey kicks (9x)
12. KU track (9x)
13. Mountain climbs (9x)
14. Push-ups (6 standard, 6 wide, 6 narrow)
15. Plank (25 seconds, 2x)

### **Run**

2 miles, hills

### **Wednesday, July 9**

#### **Warm-up**

1. Calf Stretch (10 seconds each leg, 2x). Be sure to also reach down to your toes.
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**

1. 5x then 10x
  - a. Jumping jacks
  - b. Toe touches
  - c. Half squats
  - d. Burpees with no push-ups
2. 10x then 10x
  - a. Crunches
  - b. Reverse crunches
  - c. Bent-leg twisting sit-ups
  - d. Leg lifts
3. 5x V-ups

**Field Work**

1. 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.
2. Forward lunge (25 yards)
3. Jog (25 yards)
4. Skip (50 yards)
5. Side shuffle (50 yards, switch sides after 25)

**Run**

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

**Thursday, July 10****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. Laura exercise (10 seconds, each leg)
8. Cat stretch (10x)

**Exercises**

1. Jumping jacks (11x)
2. Toe touches (11x)
3. Forward lunges (11x)
4. Side lunges (11x)
5. Backward lunges (11x)
6. Volleyball jumps (11x)
7. Crunches (11x)
8. Reverse crunches (11x)
9. Leg lifts (11x)
10. Straight-leg sit-ups (11x)
11. 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. Plank (20 seconds)
  - i. Run in place (10 seconds)

- j. Half squats (10 seconds)
- k. Run in place (10 seconds)

***Run***

2.5 miles, hills

**Saturday, July 12**

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

Fun Run - 3.75 miles, some elevation