

Dog Days Has Beens Workouts, Week 9 (2025)

Monday, July 28

Warm-up

1. Cross your legs and reach down (10 seconds, each leg)
2. Calf stretch (10 seconds, each leg)
3. Quad stretch (10 seconds, each leg)
4. Reach up (5x)
5. Side bends (10x)
6. Twists (10x)
7. Laura exercise (10x)
8. Cat stretch (10x)
9. Hurdler stretch (10 seconds, each leg)
10. Hamstring stretch (10 seconds, each leg)
11. Bridge (10x)

Exercises

1. Jumping jacks (20x)
2. Toe touches (20x)
3. Forward lunges (10x)
4. Side lunges (10x)
5. Backward lunges (10x)
6. Plank (30 seconds)
7. Push-ups (10x)
8. Crunches (20x)
9. Reverse crunches (20x)
10. Leg lifts (20x)
11. Side leg lifts (20x)
12. Spread 'ems (20x)
13. Bicycles (20x)
14. V-ups (10x)
15. Push-ups (10x)
16. Plank (30 seconds)

Run

3 miles, hills. 2.5 miles, hills if you ran on Saturday.

Tuesday, July 29

Warm-up

1. Reach up (5x)
2. Large circles (10x forward, 10x backward)
3. Small circles (10x forward, 10x backward)
4. Windmills (10x forward, 10x backward)
5. Twists (10x)

6. Quad stretch (10 seconds, each leg)
7. Calf stretch (10 seconds, each leg)
8. Side calf stretch (10 seconds, each leg)
9. Cross your legs and reach down (10 seconds, each leg)
10. Reach down (10 seconds)
11. Reach to the left (10 seconds)
12. Reach to the right (10 seconds)

Exercises

1. 9x then 9x
 - a. Jumping jacks
 - b. Toe touches
 - c. Volleyball jumps
 - d. Squats
 - e. Alternating toe touches
2. 10x then 10x
 - a. Crunches
 - b. Reverse crunches
 - c. Leg lifts
3. Plank (30 seconds)
4. 11x then 11x
 - a. KU track
 - b. Dogs
 - c. Mountain climbs
 - d. Donkey kicks
 - e. Push-ups

Run

3 miles, flat. Try to run two minutes fast, then 1 minute slower, then repeat.

Wednesday, July 30

Warm-up

1. Hamstring stretch (10 seconds, each leg)
2. Bridge (10x)
3. Pretzel (10 seconds, each leg)
4. Calf Stretch (10 seconds, each leg)
5. Quad stretch (10 seconds, each leg)
6. Speed skaters (16x)
7. Side bends (16x)
8. Cross your legs and reach down (10 seconds, each leg)
9. Large circles (10x forward, 10x backward)
10. Small circles (10x forward, 10x backward)

Exercises

1. Jumping jacks (16x)
2. Volleyball jumps (16x)
3. Toe touches (16x)
4. Squats (16x)
5. Burpees with one push-up (8x)
6. Plank (30 seconds)
7. Mountain climbs (16x)
8. Dogs (16x)
9. Donkey kicks (16x)
10. KU track (16x)
11. V-ups (8x)
12. Leg lifts (16x)
13. Burpees with one push-up (8x)

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. High knees (25 yards)
6. Butt kicks (25 yards)
7. Run backward (25 yards)
8. Sprint (25 yards)
9. Frankenstein walk (25 yards)
10. Run (25 yards)

Run

Run 2.5 miles, flat. Also, do three sets of bleachers (or the equivalent elevation).

Thursday, July 31

Warm-up

1. Calf stretch (10 seconds, each leg)
2. Cross your legs and reach down (10 seconds, each leg)
3. Quad stretch (10 seconds, each leg)
4. Reach up (5x)
5. Little circles (10x forward, 10x backward)
6. Big circles (10x forward, 10x backward)
7. Windmills (10x forward, 10x backward)
8. Side bends (10x)
9. Hamstring stretch (10 seconds, each leg)
10. Bridge (10x)
11. Hurdler stretch (10 seconds, each leg)
12. Laura exercise (10x)

Exercises

1. Jumping jacks (21x)
2. Toe touches (21x)
3. Volleyball jumps (21x)
4. Squats (21x)
5. Dogs (21x)
6. Donkey kicks (21x)
7. KU track (21x)
8. Crunches (21x)
9. Reverse crunches (21x)
10. Circuit
 - a. Run in place (10 seconds)
 - b. High knees (10 seconds)
 - c. Run in place (10 seconds)
 - d. Butt kicks (10 seconds)
 - e. Run in place (10 seconds)
 - f. Bent-leg sit-ups (15 seconds)
 - g. Run in place (10 seconds)
 - h. Fast feet (10 seconds)
 - i. Run in place (10 seconds)
 - j. Frankenstein walk (10 seconds)
 - k. Run in place (10 seconds)
11. Burpees with one push-up (10x)

Run

3 miles, hills

Saturday, August 2**Warm up**

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

Run

This is the final Saturday Fun Run for the summer session! Of course, it is the infamous square:
4 miles, hills