

Dog Days Has-Beens Workouts, Week 1 (2026)

Welcome to Dog Days, Summer 2026!

The daily exercises for Has-Beens differ from the workouts held in Lawrence, but they are designed to be similar in format and intensity. The first few weeks will be relatively light, but will build to more strenuous routines later in the summer. You may do two sets in a day for credit (except for the Saturday Fun Run).

Feel free to adapt the workouts to your conditions. If we ask for hills but you live in a flat area, consider adding some distance to your run. You are also always free to do more than what the workout says. We hope you have a great summer workout - and please share pictures for the Dog Days social media accounts!

-Erik and Carter Herron, Has-Beens Coordinators

Monday, June 1

Warm-up

1. Reach Up (5x)
2. Arm circles (5 large forward, 5 large backward, 5 small forward, 5 small backward)
 - a. Video tutorial: <https://youtube.com/shorts/lzR7tzl1JUI?si=QkcF7BSt8XA9Gat->
3. Windmills (5 forward, 5 backward)
 - a. The motion is the same as shown in the arm circle video, but instead of rotating your arms in parallel they should alternate.
4. Calf Stretch (10 seconds, each leg)
 - a. For this stretch, put one leg back and one forward, with the back leg straight and the front leg bent. After 5 seconds, straighten the front leg and reach toward the front foot. Do this with both legs.
 - b. Video tutorial (do this motion, but you don't need a wall):
<https://youtube.com/shorts/tUA4MO1kXV8?si=E3ZTqqcbzSSfv7m6>
5. Cross your legs and reach down (10 seconds, each leg)
6. Dead Bug Stretch (5x)
 - a. Video tutorial: https://youtu.be/GbSC02oU3To?si=_kVJxGPX_e59K5Tp

Exercises

7. Crunches (5x)
8. Reverse Crunches (5x)
9. Leg Lifts (5x)
10. Bent Leg Sit-ups (5x)
11. Jumping Jacks (5x)
12. Toe Touches (5x)
13. Volleyball Jumps (5x)
 - a. Squat down slightly and then jump as high as you can.
 - b. This video shows a similar exercise, but in volleyball jumps, you also raise your arms straight above your head. Video tutorial:
<https://youtu.be/5xv0DKqe5XQ?si=Evh4DZxWSjl0KpwR>

14. Side Bends (5x)
15. Half Squats (5x)

Run

1 mile, flat

Tuesday, June 2

Warm-up

1. Calf Stretch (5 seconds, each leg)
2. Cross your legs and reach down (10 seconds, each leg)
3. Reach Up (5x)
4. Side bends (5x)
5. Windmills (5 forward, 5 backward)
6. Lay on your back and stretch your arms and legs (5x)
7. Dead Bug Stretch (5x)
8. Hamstring stretch (5 seconds, each leg)

Exercises

9. Jumping Jacks (10x)
10. Toe Touches (10x)
11. Volleyball Jumps (5x)
12. Forward Lunges (5x)
13. Squats (5x)
14. Bent Leg Sit-ups (5x)
15. Leg Lifts (5x)
16. Donkey Kicks (5x)
17. KU Track (5x)
 - a. Start in push-up position, lift each leg as high as possible.
18. Mountain Climbs (5x)

Run

1.25 miles, flat

Wednesday, June 3

Warm-up

1. Pretzel (5 seconds, each side)
2. Hurdler Stretch (5 seconds, each leg)
3. Hamstring stretch (5 seconds, each leg)
4. Reach Up (5x)
5. Calf Stretch (10 seconds, each leg)
6. Cross your legs and reach down (10 seconds, each leg)
7. Side Calf Stretch (5 seconds, each leg)

Exercises

8. Jumping Jacks (10x)
9. Toe Touches (10x)

10. Volleyball Jumps (10x)
11. Twist (10x)
 - a. While standing up, keep your legs pointed forward and turn your body from side to side.
12. Side bends (10x)
13. Forward Lunges (5x)
14. Side Lunges (5x)
15. Backward Lunges (5x)
16. Dogs (10x)
17. Donkey Kicks (10x)
18. KU Track (10x)
19. Push-ups (5X)

Field Work

1. Side Shuffle (50 yards, switch sides after 25 yards)
2. Skip (25 yards)
3. Run backwards (25 yards)

Run

Run 1 mile, flat

Thursday, June 4

Warm-up

1. Reach up high (5x)
2. Reach down and touch your toes (5x)
3. Reach to the left, then reach to the right (5x)
4. Calf Stretch (10 seconds, each leg)
5. Side Calf Stretch (10 seconds, each leg)
6. Windmills (10 forward, 10 backward)

Exercises

7. Jumping Jacks (5x)
8. Toe Touches (5x)
9. Twist (5x)
10. Forward Lunges (5x)
11. Side Lunges (5x)
12. Backward Lunges (5x)
13. Dogs (10x)
14. Donkey Kicks (10x)
15. KU Track (10x)
16. Mountain Climbs (10x)
17. Crunches (10x)
18. Reverse Crunches (10x)
19. Push Ups (5x)

Run

1.25 miles, hills

Saturday, June 6

Be sure to stretch before running. We recommend at least doing the following:

1. Hamstring stretches (5x, each leg)
2. Hurdler stretch (5x, each leg)
3. Reach up high (5x)
4. Reach down and touch your toes (5x)
5. Reach to the left, then reach to the right (5x)
6. Windmills (10 forward, 10 backward)
7. Calf stretch (10 seconds, each leg). Reach down and touch your toes.
8. Cross your feet, reach down, and touch your toes (5x)

Fun Run - 2 miles, flat