

Dog Days Has-Beens Workouts, Week 8 (2026)

Monday, July 20

Warm-up

1. Reach up (6x)
2. Big arm circles (12x forward, 12x backward)
3. Small arm circles (12x forward, 12x backward)
4. Windmills (12x forward, 12x backward)
5. Side bends (12x)
6. Twists (12x)
7. Calf stretch (10 seconds, each leg)
8. Quad stretch (5 seconds, each leg, 2x)
9. Dead bug (10x)
10. Hurdler stretch (10 seconds, each leg)
11. Hamstring stretch (10 seconds, each leg)

Exercises

1. Jumping jacks (20x)
2. Toe touches (20x)
3. Volleyball jumps (20x)
4. Burpees with no push-ups (10x)
5. Dogs (20x)
6. Donkey Kicks (20x)
7. Crunches (20x)
8. Reverse crunches (20x)
9. Straight-leg sit-ups (10x)
10. Leg lifts (10x)
11. V-ups (10x)
12. Plank (30 seconds)
13. Burpees with one push-up (10x)

Run

2.5 miles, hills, 2 miles if you ran on Saturday.

Tuesday, July 21

Warm-up

1. Hamstring stretch (10 seconds, each leg, 2x)
2. Hurdler stretch (10 seconds, each leg, 2x)
3. Pretzel (10 seconds, each leg)
4. Calf stretch (10 seconds, each leg, 2x)
5. Side calf stretch (10 seconds, each leg)
6. Quad stretch (5 seconds, each leg, 2x)
7. Windmills (15x forward, 15x backward)
8. Twists (15x)

Exercises

1. Jumping jacks (20x)
2. Toe touches (20x)
3. Forward lunges (10x)
4. Backward lunges (10x)
5. Side lunges (10x)
6. Circuit
 - a. Run in place (10 seconds)
 - b. Push-ups (15 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. Squats (10 seconds)
 - i. Run in place (10 seconds)
 - j. Fast feet (10 seconds)
 - k. Squats (10 seconds)
7. Burpees with one push-up (5x)

Run

2.5 miles, flat. Try to run fast for two minutes, then slower for a minute, then repeat.

Wednesday, July 22

Warm-up

1. Reach between your legs (10 seconds), reach to the right foot then to the left foot (10 seconds each side, 2x)
2. Little circles (20x forward, 20x backward)
3. Big circles (20x forward, 20x backward)
4. Calf Stretch (10 seconds, each leg)
5. Quad stretch (5 seconds, each leg)
6. Laura exercise (10x)
7. Cat stretch (10x)
8. Hamstring stretch (10 seconds, each leg)
9. Lay on the ground, put your hands above your head, and stretch (5x)

Exercises

1. Jumping jacks (20x)
2. Fast jumping jacks (15x)
3. Toe touches (20x)
4. Volleyball jumps (15x)
5. Squats (15x)
6. Dogs (15x)

7. Mountain climbs (15x)
8. KU Track (15x)
9. Push-ups (15x)
10. Leg lifts (15x)
11. Bent-leg sit-ups (15x)
12. V-ups (10x)

Field Work

1. Lunge (25 yards)
2. Run (25 yards)
3. Side shuffle (50 yards, switch sides after 25)
4. Skip (25 yards)
5. Run backward (25 yards)
6. Sprint (50 yards)
7. Frankenstein walk (15 yards)
8. Hop (10 yards)
9. High knees (25 yards)
10. Butt kicks (25 yards)
11. Run (25 yards)

Run

Run 2 miles, flat. Also, do the equivalent of three sets of bleachers.

Thursday, July 23

Warm-up

1. Hamstring stretch (10 seconds, each leg)
2. Dead bug (10x)
3. Hurdler stretch (10 seconds, each leg)
4. Pretzel (10 seconds, each leg)
5. Quad stretch (10 seconds, each leg)
6. Calf stretch (10 seconds, each leg)
7. Reach between your legs (10 seconds), reach to the right foot then to the left foot (10 seconds each side, 2x)
8. Little arm circles (20x forward, 20x backward)
9. Big arm circles (20x forward, 20x backward)

Exercises

1. 10x, each, then repeat the set with 10x, each
 - a. Jumping jacks
 - b. Alternating toe touches
 - c. Squats
 - d. Ice skaters
2. 5x, each, then repeat the set with 10x, each
 - a. Crunches

- b. Leg lifts
 - c. Side leg lifts
 - d. V-ups
3. 10x, each, then repeat the set with 10x, each
- a. KU track
 - b. Mountain climbs
 - c. Dogs
 - d. Donkey kicks
 - e. Push-ups

Run

3 miles, hills

Saturday, July 25

Stretch for 5-10 minutes and do 10 sit ups for Red Dog.

Fun Run - 4.2 miles, flat. This is the equivalent of the run from the Lied Center that goes to Clinton Parkway and on the trail just past the buffalo statue. It's the longest run in Dog Days!

