

## **Dog Days Has Beens Workouts, Week 9 (2026)**

### **Monday, July 27**

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

1. Reach up (10 x)
2. Calf stretch (10 seconds, each leg)
3. Quad stretch (10 seconds, each leg)
4. Side bends (10x)
5. Twists (10x)
6. Laura exercise (10x)
7. Cat stretch (10x)
8. Hurdler stretch (10 seconds, each leg)
9. Hamstring stretch (10 seconds, each leg)
10. 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 28**

#### ***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. 10x then 8x
  - a. Jumping jacks
  - b. Toe touches
  - c. Volleyball jumps
  - d. Squats
  - e. Alternating toe touches
2. 8x then 10x
  - a. Crunches
  - b. Reverse crunches
  - c. Leg lifts
3. Plank (30 seconds)
4. 10x then 10x
  - 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 29**

#### **Warm-up**

1. Hamstring stretch (10 seconds, each leg)
2. Dead bug (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 (20x)

2. Volleyball jumps (15x)
3. Toe touches (15x)
4. Squats (15x)
5. Burpees with one push-up (10x)
6. Plank (30 seconds)
7. Mountain climbs (15x)
8. Dogs (15x)
9. Donkey kicks (15x)
10. KU track (15x)
11. V-ups (10x)
12. Leg lifts (15x)

### ***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 30**

#### ***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 1**

***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