

Dog Days Has-Beens Workouts, Week 1 (2025)

Welcome to Dog Days, Summer 2025!

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). 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 2

Warm-up

1. Calf Stretch (10 seconds, both legs)
 - 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.
2. Cross your legs and reach down (10 seconds, both legs)
3. Reach Up (5x)
4. Windmills (5 forward, 5 backward)
 - a. Move your arms in circles parallel to your body.
5. Circles (5 large forward, 5 large backward, 5 small forward, 5 small backward)
 - a. Stick your arms straight out to your sides for this stretch.

Exercises

6. Jumping Jacks (5x)
7. Toe Touches (5x)
8. Volleyball Jumps (5x)
 - a. Squat down slightly and then jump as high as you can.
9. Side Bends (5x)
10. Half Squats (5x)
11. Run in Place (10 seconds)
12. Crunches (5x)
13. Reverse Crunches (5x)
14. Leg Lifts (5x)

Run

1 mile, flat

Tuesday, June 3

Warm-up

1. Calf Stretch (5 seconds, both legs)
2. Cross your legs and reach down (10 seconds, both legs)
3. Reach Up (5x)
4. Windmills (5 forward, 5 backward)
5. Lay on your back and stretch your arms and legs (5x)

6. Hamstring stretch (5 seconds, both legs)
7. Side bends (5x)

Exercises

8. Jumping Jacks (10x)
9. Toe Touches (10x)
10. Volleyball Jumps (5x)
11. Forward Lunges (5x)
12. Squats (5x)
13. Bent Leg Sit-ups (5x)
14. Bridges (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 4

Warm-up

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

Exercises

7. Jumping Jacks (10x)
8. Toe Touches (10x)
9. Volleyball Jumps (10x)
10. Twist (10x)
11. Side bends (10x)
12. Forward Lunges (5x)
13. Side Lunges (5x)
14. Backward Lunges (5x)
15. Dogs (10x)
16. Donkey Kicks (10x)
17. KU Track (10x)
18. 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 5

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, both legs)
5. Side Calf Stretch (10 seconds, both legs)
6. Forward lunges (5X)
7. Side lunges (5X left, 5X right)
8. Backwards lunges (5X)
9. Windmills (10 forward, 10 backward)

Exercises

10. Jumping Jacks (5x)
11. Toe Touches (5x)
12. Twist (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 7

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, both legs). Reach down and touch your toes.
8. Cross your feet, reach down, and touch your toes (5X)

Fun Run - 2 miles, flat