

Dog Days Has Beens Workouts, Week 5 (2025)

We hope that you've enjoyed the workouts so far and have also been carefully managing the heat. Don't forget to hydrate! Please send us your Week 3 and 4 workouts when you have a chance (herron.erik@gmail.com).

Monday, June 30

Warm-up

1. Side bends (10x)
2. Twists (10x)
3. Windmills (10x forward, 10x backward)
4. Large arm circles (10x forward, 10x backward)
5. Small arm circles (10x forward, 10x backward)
6. Calf Stretch (10 seconds, each leg, 2x). Be sure to also reach down to your toes.
7. Side calf stretch (10 seconds, each leg, 2x)
8. Quad stretch (10 seconds, each leg)
9. Cross your legs and reach down (10 seconds, each leg)
10. Reach up (5x)

Exercises

1. 5x then 5x
 - a. Forward lunges
 - b. Backward lunges
 - c. Side lunges
 - d. Squats
2. 10x then 5x
 - a. Crunches
 - b. Reverse crunches
 - c. Leg lifts
 - d. Bicycle kicks
 - e. Straight-leg sit-ups
3. Push-ups (5x wide, 5x narrow)
4. Burpees with one push-up each (8x)
5. Plank (20 seconds, 2x)

Run

2 miles, hills

Tuesday, July 1

Warm-up

1. Calf Stretch (10 seconds each leg, 2x)
2. Reach between your legs (10 seconds), reach out right (10 seconds), then left (10 seconds). Finally, go out far right (10 seconds), then left (10 seconds)
3. Quad stretch (5 seconds, each leg)
4. Lay on your back, put your hands over your head, and stretch (5x)

5. Hamstring stretch (10 seconds each leg, 2x)
6. Bridges (5x)
7. Hurdler stretch (10 seconds each leg)
8. Cat stretch (5x)
9. Laura exercise (5x)

Exercises

1. Jumping jacks (8x)
2. Toe touches (8x)
3. Alternating toe touches (8x)
4. Volleyball jumps (8x)
5. Forward lunges (8x)
6. Side lunges (8x)
7. Backward lunges (8x)
8. Squats (8x)
9. Dogs (8x)
10. Donkey kicks (8x)
11. KU track (8x)
12. Mountain climbs (8x)
13. Crunches (8x)
14. Reverse crunches (8x)
15. Leg lifts (8x)
16. Scissors (8x)
17. Spread 'ems (8x)
18. Bent-leg sit-ups (8x)
19. V-ups (8x)

Run

2.25 miles, flat

Wednesday, July 2

Warm-up

1. Calf stretch (10 seconds, each leg, 2x)
2. Quad stretch (10 seconds, each leg)
3. Windmills (10x forward, 10x backward)
4. Large arm circles (10x forward, 10x backward)
5. Small arm circles (10x forward, 10x backward)
6. Cross your legs and reach down (10 seconds, each leg)
7. Twists (10x)
8. Side bends (10x)

Exercises

1. Jumping jacks (14x)
2. Volleyball jumps (14x)
3. Knee ups (7x)

4. Squats (14x)
5. KU track (14x)
6. Mountain climbs (14x)
7. Donkey kicks (14x)
8. Dogs (14x)
9. Push-ups (7x)

Field Work

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

Run

Run 1.5 miles, some elevation

Thursday, July 3

Warm-up

1. Calf stretch (10 seconds, each leg, 2x)
2. Quad stretch (10 seconds, each leg)
3. Lean forward and backward (5x)
4. Speed skaters (10x)
5. Pretzel (10 seconds, each leg)
6. Hamstring stretch (10 seconds, each leg)
7. Hurdler stretch (10 seconds, each leg)

Exercises

1. Jumping jacks (12x)
2. Toe touches (12x)
3. Alternating toe touches (12x)
4. Forward lunges (12x)
5. Frog hops (6x)
6. Half squats (12x)
7. Complete in quick succession:
 - 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. Squats (10 seconds)
 - g. Run in place (10 seconds)
 - h. High knees (10 seconds)
 - i. Run in place (10 seconds)
 - j. Fast feet (10 seconds)
 - k. Run in place (10 seconds)
 - l. Plank (20 seconds)
8. Burpees with an increasing number of push-ups (5x total: 1 push-up, then 2, etc up to 5)

Run

Run 2.75 miles, hills

Have a wonderful 4th of July holiday!

Saturday, July 5

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

Fun Run - 3.5 miles, flat